



Spring-Cleaning Home Checklist

Your home contains mold, dust and germs that could make your family sick. Use this checklist to clean areas in your house that you might overlook.

Entire home

- Change furnace filters.
- Vacuum using HEPA (high-efficiency particulate air) filters, and change or clean filters regularly.
- Disinfect children's toys.
- Wash pet beds and toys.
- Wipe down remote controls, keyboards and phones.

Kitchen

- Wipe down refrigerator handle, drawers and shelves with cleaning solution.
- Disinfect can opener, stove buttons and kitchen scissors.
- Scrub kitchen sink and faucet.
- Clean coffee maker.
- Replace sponges or microwave them for two minutes to kill germs.
- Wash pet food and water bowls.
- Discard expired condiments.

Bathroom

- Scrub mold off bathroom surfaces.
- Wash toothbrush holder in dishwasher.
- Clean ventilation ducts.
- Toss expired medicine and cosmetics.
- Replace moldy shower curtains.

Bedrooms

- Wash bedding, including pillows, blankets and comforters, in hot water.
- Wipe down ceiling fan blades, light fixtures, windows and blinds.
- Wash curtains.

*Still Sniffing?

Visit your doctor or an allergist, who can help ease symptoms. To find a doctor, call **866-850-8863**.

