

SPRING CLEANING CHECKLIST

LIVING ROOM

- Wash sofa slipcovers
- Wash blankets & pillows
- Vacuum sofa & chairs
- Remove sofa seat cushions and vacuum around & underneath
- Move furniture & vacuum entire room
- Dust and clean lampshades & lamp bulbs
- Dust electronics
- Dust & clean decor
- Sanitize remote controls

BEDROOMS

- Clean out closets & drawers
- Organize closet spaces
- Wash all bedding including sheets, pillows, mattress pads, duvets & bed skirts
- Flip & rotate mattress

BATHROOMS

- Clean vanity
 - Discard expired medication properly
 - Discard any outdated personal care products & makeup
- Clean mirrors
- Clean tub & shower - both walls & floors
- Clean showerhead - descale if necessary
- Wash shower curtain liner & shower curtain
- Clean toilet - both inside tank & hardware
- Wash floors and walls
- Scrub tile grout
- Check that caulk is still flexible & sealing all seams
- Check for any signs of mold and mildew, clean as needed

KITCHEN

- Clean all appliances (stove, oven, fridge, microwave, dishwasher, etc.)
- Clean refrigerator
 - Back coils & compressor
 - Drip pan
 - Remove all old & expired food
 - Sanitize shelves & drawers
 - Clean rubber gaskets around fridge & freezer doors
- Clear & clean counter tops
- Clean cabinet doors & backsplash
- Remove items from cabinets & thoroughly clean inside
- Dust & clean high surface areas including fridge, microwave/range hood & cabinets
- Deodorize & degrease sink drain/garbage disposal
- Wash dish rags, sponges & oven mitts
- Mop floors
- When cleaning in & around appliances and cabinets, check for signs of mice and insects

Tip for cleaning the oven:

- Make a paste of baking soda and water
- Brush the paste on and let sit overnight
- Spritz with vinegar
- Scrub with salt, if needed
- Wipe down, and voila!

OFFICE

- Sort through paperwork and room contents - recycle or discard unneeded items
- Dust bookshelves
- Dust electronics
- Clean and sanitize computer's keyboard & mouse

THROUGHOUT THE HOUSE

- Sweep & mop floors
- Wipe/clean walls
- Wipe/clean baseboards
- Wash windows
- Wash window sills
- Check window screens for holes - patch & repair, if needed
- Wipe down doors
- Clean & sanitize door handles
- Clean/dust decor
- Dust all art
- Dust blinds
- Dust curtain rods
- Clean or vacuum curtains
- Shampoo rugs & carpets, if needed
- Clean light bulbs & fixtures (lamps, ceiling lights, wall lights, etc.)
- Clean ceiling fans (Tip: use an old pillow case to trap the dust)
- Dust & polish furniture
- Dust all shelves & the tops of any areas that are high-up
- Vacuum air vents & registers
- Sanitize light switches

LAUNDRY ROOM

- Clean washing machine & its rubber gasket
- Clean dryer lint trap, hose, and vent (Tip: check the outside vent for lint blockages when conducting your outdoor inspection)
- Organize laundry supplies

GARAGE

- Remove everything
- Sweep floor
- Wash floor (Tip: use a hose and let air dry)
- Sort through items and reorganize so that nothing is on the ground, if possible

HOME SAFETY CHECK

- Test smoke alarms & carbon monoxide monitors - replace batteries if needed
- Ensure all flashlights have fresh batteries
- Inspect all electrical cords on televisions, lamps, & stereos - repair or replace if worn
- Check the pressure gauges and inspection tags on fire extinguishers

CLEANING SOLUTIONS

Many household products, such as vinegar and baking soda, can also act as effective cleaners. Check out some of these recipes for easy, natural cleaners you can use around your home.

- **All-purpose cleaner:** 1/2 cup white vinegar + 2 tbsp. baking soda + 10 drops essential oil
- **Oven cleaner scrub:** 1/2 cup white vinegar + 1/2 cup baking soda + 2-3 tbsp. water + salt, if needed to scrub
- **Carpet cleaner/deodorizer:** 2 cups borax + 1 cup baking soda + 10 drops essential oil. Mix all ingredients together, sprinkle on the carpet and let sit, then vacuum up.
- **Drain cleaner/deodorizer:** 1/4-1/2 cup baking soda + 1/4 cup white vinegar. Pour the baking soda down the drain, followed by the vinegar, let sit for one hour, then rinse with hot water.

Important safety information: Never combine ammonia-based cleaners with products containing bleach (such as powdered dishwasher detergent). Before doing any mixing, read the product labels first, and always label any bottles of DIY cleaners with all the ingredients inside. Additionally, it is important to note that the cleaners listed above are not certified to disinfect for the Covid-19 virus. For a full list of recommended cleaning and disinfecting products, visit www.cdc.gov.