

# SPRING

# CLEANING CHECKLIST

## To Reduce Spring Allergies



### DUST

- Wipe baseboards using a microfiber towel and a mixture of warm water and dish soap
- Dust surfaces with a damp cloth (not dry dusting)
- Dust blinds with a damp cloth
- Vacuum carpets and rugs (use HEPA filter vacuum if possible)  
Repeat 1-2x weekly
- Clean upholstery and curtains with a vacuum attachment or handheld vacuum



### AIR

- Run a HEPA air purifier in bedrooms or main living spaces
- Replace HVAC filters every 1 to 3 months



### PETS AND PARTICLES

- Make an area for shoes at the door; don't wear them throughout the house.
- Change clothes after spending time outside
- Brush animals weekly and bathe them often during pollen season



### MOLD

- Scrub any visible mold from surfaces with a mold and mildew cleaner. Crevice brushes are helpful for tight spaces.
- Clean out gutters using a bucket and gloves or a spray nozzle attachment on the hose.

