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INSTRUCTIONS FOR WEEKLY HOUSE CLEANING

Regular cleaning is something that needs to be done to maintain low levels of mold, dust, dander and dust mite allergens in your home. How thorough and how often you need to clean will depend on your life style, whether you have pets, the age and condition of carpets, and whether occupants have allergies or asthma, etc. We recommend a once a year deep or spring-cleaning to get the hard-to-reach places clean. Once you put in the time on a very deep clean of your home, you will find that weekly cleaning is much easier and your house will feel and be healthier.

Recent studies have shown surprisingly high levels of fine dust in buildings. Large dust particles settle out of the air in a few minutes. However, fine and ultra-fine particles will remain airborne for weeks. Dry dusting and vacuuming with standard vacuums will collect only large particles and redistribute the fine particles into the air. Many of our clients call us because they think mold may be causing their health complaints. Often our testing reveals low levels of mold but very high levels of dust in the air. The fewer items you have exposed to the air, the less you will have to dust and the less dust will be in the air.

Maintaining a healthy home requires keeping it clean, dry, and well ventilated. These instructions explain how to keep your home clean.

- When you clean, always clean from top to bottom, so the last thing you do is mop or vacuum.
- Open doors and windows and turn on bathroom exhaust fans while cleaning. This will allow any dust that is raised or chemicals that are used to be exhausted to the outside.
- Be prepared. Have everything you need to clean before you start: vacuum, mop, sponges, cleaning products (remember, vinegar and baking soda make great cleaners), etc. visit The Clean Team website www.thecleanteam.com they have a great cleaning apron and tips on speed cleaning your home. Here at HBI we love the cleaning apron, everything you need at your finger tips.
- Put away (or recycle) newspapers, magazines, clothes, food, dishes, etc. One of the biggest obstacles to effective cleaning is clutter. Surfaces that are covered with knick-knacks, papers, etc. can't be cleaned.
- Store items in covered boxes to reduce the amount of dust-collecting surfaces in your home. It is easier to dust the top of a box than to dust 15 coloring books every week.
- Dust all horizontal surfaces with a damp cloth. Start high and work down. Rinse out cloth once or twice to keep it clean and damp. Spray-on dusting products can be used if you spray the cloth often, but don't let it get too dark. The new Swiffer disposable dusting cloths work very well and don't spray chemicals.
- Vacuum with an allergy, HEPA or other independently tested vacuum that captures very fine dust. Change the bag when it is half full, outside the house.
- Wash the kitchen and bath fixtures, including countertops, sinks, toilet, and tub.
- Wash vinyl, or tile kitchen and bath floors. Wood floors can be damp mopped to pick up the fine dust and spills that vacuums don't get.
- Close the windows, appreciate your clean fresh house and ask everyone to remove their shoes at the front door.