



House Cleaning





No	BEDROOM AND NURSERY	/		No	LIVING ROOM	
1	Wash your pillows and duvet			1	Sanitize high-touch areas	
2	Vacuum your mattress			2	Vacuum the couch	
3	Clean windows and window sills			No	LIVING ROOM DEEP CLEAN	
4	Wash curtains and blinds			1	Deep clean rugs and AC	
5	Sanitize switches and handles			2	Steam and deep clean sofa	
6	Wash your pet's bed			3	Consider sofa covers	
No	BEDROOM DEEP CLEAN	/		4	Wash walls and air vents	
1	Deep clean AC and air vents			5	Dust lampshades and lights	
			1			
2	Deep clean carpets			No	KITCHEN	✓
3	Deep clean carpets Re-paint walls (low-VOC paint)			No	KITCHEN Deep clean fridge	
3	Re-paint walls (low-VOC paint)			1	Deep clean fridge	
3 4	Re-paint walls (low-VOC paint) Inspect for mold	✓		1 2	Deep clean fridge Wipe down cabinets & drawers	
3 4 No	Re-paint walls (low-VOC paint) Inspect for mold BATHROOM			1 2 3	Deep clean fridge Wipe down cabinets & drawers Clean drying racks	
3	Re-paint walls (low-VOC paint) Inspect for mold BATHROOM Clean the cabinets			1 2 3 4	Deep clean fridge Wipe down cabinets & drawers Clean drying racks Clean oven and cooking areas	
3 4 No 1 2	Re-paint walls (low-VOC paint) Inspect for mold BATHROOM Clean the cabinets Wash shower curtain & mats			1 2 3 4 5	Deep clean fridge Wipe down cabinets & drawers Clean drying racks Clean oven and cooking areas Clean the microwave	





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