

Monthly Cleaning

Checklist

This monthly cleaning checklist includes in depth, possibly time consuming, and cleaning things you may not think to clean or did not know you had to clean. Please use this as an informative and stress-free cleaning aid.

Living Room:

- Clean the mesh removable vents inside of your heat pump, please ensure it is off first. This can be done by soaking the in the sink and allowing them to air dry__
- Clean couch cushions, pillows, blankets, etc in the washing machine__
- Dust off houseplant leaves (as they cannot get enough sun with dust on their leaves)__

Kitchen:

- Soak sponges/scrubbers in 3 parts water and 1 part vinegar for 20 minutes to disinfect__
- Vacuum under your stove and fridge__
- Disinfect chairs and tables (including their legs)__
- Clean the oven__
- Clean the inside of your fridge/throw away expired food__

Bedroom(s):

- Wash mattress cover, duvet cover, pillows, and vacuum mattress__
- Disinfect nightstand(s)__
- Donate clothing you no longer wear__

Bathroom(s):

- Deep clean bathtub(s) and shower(s)__
- Clean the inside and outside of your washing machine__
- Remove your toilet seat and clean under it__

