

Deep Cleaning Checklist: Each item below includes the reason it's important, how often to clean it, and a pro tip.

■ **Disinfect all light switches and door handles**

Why It Matters: These high-touch areas harbor germs and bacteria that can spread illness throughout your home.

Recommended Frequency: Weekly

Pro Tip: Use a disinfectant wipe or a cloth with diluted bleach; don't forget closet doors and bedroom handles.

■ **Dust and wipe down ceiling fan blades (top and bottom)**

Why It Matters: Dusty fans circulate allergens and dust mites each time they're turned on, affecting indoor air quality.

Recommended Frequency: Monthly

Pro Tip: Use a microfiber duster or an old pillowcase to trap dust without it falling everywhere.

■ **Pull out appliances (refrigerator, stove, washer/dryer) and clean behind/underneath**

Why It Matters: Food debris, pet hair, and moisture behind appliances attract pests and can cause unpleasant odors or mold.

Recommended Frequency: Twice per year

Pro Tip: Unplug the appliance first; use a vacuum and degreaser for stuck-on gunk.

■ **Scrub and wipe down all baseboards and door frames**

Why It Matters: These often-overlooked surfaces accumulate dirt and scuff marks, making your home look dingier over time.

Recommended Frequency: Quarterly

Pro Tip: Use a magic eraser or damp cloth with mild soap for a fresh, like-new appearance.

■ **Dust and wipe air vents and return registers**

Why It Matters: Dirty vents spread allergens and reduce HVAC efficiency, increasing energy bills and health risks.

Recommended Frequency: Every 3 months

Pro Tip: Vacuum vents using a brush attachment and wipe with a damp cloth; consider HEPA filters.

■ **Clean or replace shower curtain liners**

Why It Matters: Mold and mildew thrive on damp surfaces—like liners—causing odors, allergies, and even infections.

Recommended Frequency: Monthly

Pro Tip: Toss fabric liners in the washing machine with vinegar and baking soda; replace plastic ones as needed.

■ **Deep clean and disinfect all indoor and outdoor trash cans**

Why It Matters: Leftover residue breeds bacteria and attracts flies, rodents, and pests.

Recommended Frequency: Monthly

Pro Tip: Use hot water, dish soap, and a disinfectant spray; let dry completely in sunlight when possible.

■ **Wipe down walls and remove scuff marks**

Why It Matters: Stained or marked walls diminish your home's appearance and can harbor hidden bacteria.

Recommended Frequency: Twice per year

Pro Tip: Spot clean with a sponge and warm soapy water; use a touch of baking soda for tough scuffs.

■ **Vacuum under furniture and hard-to-reach corners**

Why It Matters: Dust, allergens, and pet hair collect in these spots, affecting air quality and triggering respiratory issues.

Recommended Frequency: Monthly

Pro Tip: Move furniture with care; use a vacuum crevice tool or long wand for baseboards and tight spaces.

■ **Clean windowsills and window tracks**

Why It Matters: These trap dust, dead bugs, and mold, all of which impact your air and window functionality.

Recommended Frequency: Quarterly

Pro Tip: Use a toothbrush and vinegar-water mix to scrub tracks, then vacuum out loosened grime.

■ **Sanitize bathroom tiles, grout, and fixtures**

Why It Matters: Grimy grout harbors mold and bacteria—sanitizing prevents odor and health problems.

Recommended Frequency: Monthly

Pro Tip: Use a baking soda paste or commercial grout cleaner; scrub with a firm brush for best results.

■ **Polish kitchen cabinets and degrease surfaces**

Why It Matters: Grease buildup invites pests and deteriorates surfaces over time.

Recommended Frequency: Monthly

Pro Tip: Spray diluted vinegar or degreaser; wipe using a microfiber cloth to avoid streaks.

■ **Vacuum and deodorize upholstery and curtains**

Why It Matters: Soft surfaces trap allergens and odors—regular cleaning keeps the air fresher and your space healthier.

Recommended Frequency: Quarterly

Pro Tip: Use a vacuum upholstery tool; sprinkle baking soda before vacuuming for deodorizing power.

Take Action Now Stop letting hidden dirt and germs take over your home.

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