

# THE TUSCARAWAS COUNTY HEALTH DEPARTMENT



**Public Health**  
Prevent. Promote. Protect.

**Tuscarawas County  
Health Department**

## CLEANING TIPS\*

Cleaning can be overwhelming, and some homes may need more cleaning than others. Here are tips to help you start. Begin by removing trash and extra items from one area of your home at a time. After clutter is removed from each space, use the guide below to clean by room.

### KITCHEN

- Clean the light fixtures or ceiling fan with a damp cloth.
- Clean countertops with a cloth and an all-purpose cleaner.
- Clean kitchen appliances, including the stovetop using the cleaning products intended for each appliance/surface.
- Scrub the inside and outside of the microwave and other appliances.
- Sweep and mop the floors using warm water and a cleaning solution.
- Using a damp cloth, wipe the exterior and interior cabinet doors and handles.
- If you have a dishwasher, run a hot water cycle using a cup of baking soda to remove buildup.
- Pour baking soda down the kitchen sink to control odors.

### BATHROOM

- Remove items from the bathroom such as rugs, trash cans, and anything in the tub or shower.
- Clean the light fixtures or ceiling fan with a damp cloth.
- Apply grout cleaner to any grout. Let it sit for 20 minutes and then wash it away.
- Clean the sink and faucet with an all-purpose cleaner and then rinse.
- Wipe down the mirror with a glass cleaner and cloth.
- Wash a fabric shower curtain in the washer. Wash plastic, pvc, or vinyl shower curtain in the tub.
- Wet the shower walls, doors, and tub. Then clean the shower walls, doors, and tub, with an all-purpose cleaner.
- Mop the floor with an all-purpose cleaner and warm water.

*\*This handout is only a guide and does not include all possible cleaning tips.*

***(Please turn over.)***

## LIVING ROOM/DINING ROOM

- Start by cleaning clutter, especially in doorways and high-traveled areas.
- Dust from top to bottom with a towel.
- Clean the light fixtures or ceiling fan with a damp cloth.
- Vacuum loose cushions and beneath the cushions in furniture.
- Sweep and mop the floor, or vacuum.
- Clean the windows with a glass cleaner and a cloth.
- Disinfect remotes, controllers, and other electronics using sanitizing wipes.
- Clean the tables with a damp towel and all-purpose cleaner.
- Wipe down the chairs with cleaner and towel.

## BEDROOMS

- Start by cleaning clutter, especially in doorways and high-traveled areas.
- Clean the light fixtures or ceiling fan with a damp cloth.
- Dust all surfaces with a towel.
- Strip the bed and put clean sheets on the bed.
- Clean windows with glass cleaner and a cloth.
- Sweep and mop the floor, or vacuum.

## LAUNDRY ROOM

- Clean the outside of the washer and dryer with an all-purpose cleaner.
- Clean the light fixtures or ceiling fan with a damp cloth.
- Wipe counters and cabinet doors with an all-purpose cleaner and cloth.
- Wash dirty laundry with laundry detergent.
- Sweep and mop the floor, or vacuum.

## OTHER AREAS

- Keep trash in an enclosed building or in a closed insect and rodent-proof container.
- Keep your home free of insect, rodent, and pest infestations.
- Remove and throw out or clean any animal waste or markings (such as urine and feces) in a sanitary manner.
- Keep animal pens, yards, and areas clean by removing droppings and manure regularly so your property does not attract insects or rodents, or cause bad odors.



### SIMPLE DIY ALL-PURPOSE CLEANER

- 1/4 cup vinegar
- 1 tsp dish soap
- 2 cups of boiled or distilled water

Cleaning can feel like a big task and be overwhelming. Do not feel discouraged. One way to overcome this feeling is to clean a little each day. Cleaning and decluttering your space may help boost your mood. Some ways to get you started and motivated include listening to music, starting small, asking for help, and using a reward system for when you finish!

Before you know it, your space will be squeaky clean!