

CLEANING CHECKLIST

BACKGROUND

None

ASSESSMENT

- The most important rooms to clean are your bedroom, the kitchen and rooms you use most.
- Clean up clutter
- Vacuum the floor and cloth-covered furniture and dust flat surfaces in your bedroom twice a week and in other rooms once a week
- Check for mold under and on back of toilet tank, on walls and in window tracks and remove it with dishwasher soap & water solution.
- Check how often bedroom, kitchen, and other rooms used by you are being vacuumed, mopped and dusted
- Look at these rooms and see if there is visible dust, dirt, food debris or clutter
- Look over bathroom and kitchen to see if mold is present
- Assess prior education received by parent and parent's knowledge

EDUCATIONAL MESSAGES

Cleaning the house is an important way to help a child with asthma stay healthy. The goal of cleaning is to reduce or eliminate asthma triggers in the home. Cleaning can reduce dust mite allergens, control mold and mildew, and eliminate roach and rodent attractions (such as food spills). All of these can trigger asthma in sensitive in participants with asthma.

The most important rooms to clean are your bedroom, the kitchen and rooms in which you use most.

Get your bedroom clean first. Once the first big cleaning is done, it's easier to keep it clean with two quick cleaning sessions each week.

After getting the bedroom clean, move on to the room(s) where participant spends most of his/her time. Clean each of these rooms once a week.

Have a plan of attack. Clean one room at a time, from left to right and top to bottom. Assign specific cleaning duties to specific days of the week.

Example:

Mondays - Bedrooms

Tuesdays - Living room/Family room

Saturdays - Washing (including bedding covers)

Scheduling housework provides a routine to keep the job from becoming overwhelming.

Start with a clean slate. Get rid of everything you are not using, have never used, your family has outgrown, or that is broken or outdated. Eliminating a bunch of stuff to clean around makes it easier to keep things organized.

Clean up clutter. Clutter in the home is a great hiding place for dust and pests. Having lots of stuff around also makes it harder to clean the floor and other surfaces. Pick up and put away anything that is out of place on a daily basis. Do not wait for dishes, clothing, clutter, etc. to pile up. Organize everything from the kitchen to closets and other storage areas including your garage using baskets and boxes. Cut down on time spent picking up your stuff by having specific places to store it.

Always vacuum or mop floors last. Dirt from whatever you are cleaning or dusting above will just settle onto the floor again.

Keeping dirt out of the house makes keeping the inside clean easier: Use doormats and take off shoes when inside the house.

Cleaning the Participant bedroom:

- The top priorities are vacuuming or cleaning floors, vacuuming cloth-covered furniture and dusting.
- If carpet is present, remove it (check with landlord). If this is not possible, vacuum two times per week.
- If hard-surfaced floors are present, dust or mop weekly.
- If area rugs are present, vacuum twice a week. Once every six months, take outside or to a place with a clean and hard surface, vacuum on back, set the rug aside and vacuum up the

dust, lay the rug down again and then vacuum the front. Repeat this: clean the back and front one more time each.

- If upholstered furniture is present, remove it. If this is not possible, vacuum twice a week, including removing cushions and vacuuming in cracks and crevices.
- Designate a place where things should go and then pick up toys, clothes, books and place in designated space.
- Dust and wash surfaces such as window sills, baseboards, dressers and, tables using a damp cloth with warm, soapy water once a week or a cloth with micro-pockets which traps dust, such as a Pledge grab-it.
- If any mold or mildew is present, use dishwasher soap & water to remove.
- If participant is sensitive to mites or pets, remove drapes (if present). If this is not possible, vacuum once per week using vacuum cleaner with attachment. Wipe down outside of air vents and registers.

Cleaning the kitchen:

Daily

- Clean off counters, sink and stovetop using warm, soapy water.
- Wipe up any spills on the floor.
- Clean off cutting boards with hot, soapy water (in the dishwasher if one is available).
- Store all food in sealed containers such as plastic or glass container with lids or plastic bags that seal tightly (such as Ziploc® bags).
- Take out garbage daily.
- Wash dishes daily.

Weekly

- Sweep or vacuum and then mop floors and baseboards.
- Wash surfaces (cabinet doors, window sills, etc).
- Scrub sink.

Monthly

- Wash top of refrigerator.
- Vacuum window sills using vacuum cleaner attachment.

For superstars only, one or twice a year:

- Move refrigerator and stove and clean floors and walls.

- Clean inside of cabinets.

Cleaning the bathroom. Each week:

- Clean tile, tub, toilet and sink using baking soda and Murphy's oil soap®, baking soda or other mild soap.
- Check for mold under and on back of toilet tank, on walls and in window tracks.
- Remove mold/mildew from wall tile, window track and toilet with dish soap/water solution.
- Vacuum or sweep, then mop floor.
- Wash shower curtains once a month in the washing machine.

Cleaning the other rooms (especially those where participant spends the most time).

Weekly:

- The top priorities are cleaning floors, vacuuming cloth-covered furniture and dusting.
- Floors: mop or dust hard surfaces or vacuum carpets and area rugs.
- Vacuum upholstered furniture, including removing cushions and vacuuming in cracks and crevices.
- Dust and wash surfaces such as window sills, baseboards dressers, tables using a damp cloth with warm, soapy water once a week or a cloth with micro-pockets which trap dust, such as a Pledge grab-it.
- If any mildew is present, clean with dish soap mixed in water (see below).
- Vacuum blinds or drapes using vacuum cleaner attachment.
- Dust and clean outside of air vents and registers.

Monthly:

- Vacuum heavy drapes if unable to remove them.
- Sweep or vacuum and then mop baseboards.

Cleaning methods: mopping

A sponge mop with a changeable head is easy to use.

How to use the mop

1. Fill bucket or kitchen sink with warm water.
2. Add 1 cup of vinegar to one gallon of warm water for vinyl floors.
3. Add ¼ cup of Murphy's Oil soap to one gallon of warm water for wood floors.
4. Wet mop head in prepared water.
5. Use handle to wring mop as dry as possible
6. Mop a small area, rinse mop, and repeat steps "5" and "6" until room is completed.

7. Change water as needed. This will remove any dirt quickly without dulling the floor with soaps, and it requires no rinsing.

Alternative cloth method:

1. Follow steps "1", "2", and "3" above
2. Using a clean cloth, dip cloth into prepared water, wring until damp, wipe floor by hand.
3. Use folded towel under knees for comfort and knee protection.
4. Continue steps "7" and "8" above.
5. When finished mopping, wash hands with warm water and soap.

Mop maintenance:

1. Use clear water to rinse mop well and allow to air dry.
2. Never store mop-head wet.
3. Store handle where it will stay dry.
4. Cleaning methods: removing mold and mildew
5. Cleaning flat surfaces with mold growth
6. Cleanable surfaces with mold growth should be washed with a detergent dishsoap/water solution.
7. To make a solution for cleaning up mold, mix:
8. 1/4 tablespoon of liquid dish soap with
9. 4 cups of water

Getting Mold Out of Sliding Window Tracks

It's very difficult to get the mold out of the tracks. Use a "toothbrush" (grout brush) and scrub as much as possible. This can be followed by using a scraper or butter knife to push a cloth into the track and move it back and forth. Use a spray cleaner to help wash the loosened "stuff" and flush it out. Be sure the tracks don't overflow onto the wall. Most windows have small holes (they often get clogged) where the water is supposed to flow outside. Try to unclog them with a pin. After cleaning, apply bleach solution to help keep the mold from coming back. This will only work for a short time as long as water continues to accumulate in the tracks. Make sure to protect your carpet or floor by placing plastic below the window.

To prevent mold from growing and to keep fresh clean air in the home ventilate your home daily. Regardless of the season, just twice a day for 3-5 minutes each time is enough air circulation.

CHW ACTIONS

- Demonstrate cleaning techniques as needed.

PARTICIPANT ACTIONS

- Remove clutter and debris
- Vacuum or clean floor and furniture in participant bedroom twice a week and other floors and furniture once a week.
- Use correct vacuuming technique.
- Dust participant bedroom and play area twice a week and other rooms once a week.
- Clean (vacuum/dust and mop) kitchen floor and baseboards once week.
- Clean kitchen surfaces weekly.
- Keep food away from pests by washing counters daily, cleaning up spills and storing it in containers or sealed plastic bags.
- Clean up mold with bleach solution.

FOLLOW-UP VISITS

ASSESSMENT

- Check how often bedroom, kitchen, and other rooms used by participant are being vacuumed, mopped and dusted.
- Look at these rooms and see if there is visible dust, dirt, food debris or clutter.
- Look over bathroom and see if mold is present.
- Check if more cleaning supplies are needed.

EDUCATION

- Review cleaning protocols for bedroom, kitchen, and other rooms.
- Provide specific advice on cleaning any problem areas identified in assessment.
- The most important rooms to clean are the participant's bedroom, the kitchen and rooms in which the participant uses most. Get the participant's bedroom clean first.

Once the first big cleaning is done, it's much easier to keep it clean with two quick cleaning sessions each week.

SUPPLIES

Supplies given to participant/caregiver:

- Cleaning kit: baking soda, Murphy's oil soap®, vinegar, spray bottle, heavy duty scrub sponge, yellow cleaning gloves and instructions on "How to use products" (Cleaning Recipes)
- Mop
- Pail (if needed)

EDUCATION HANDOUTS

REFERRALS

Store Front – where these items are given away free through City funded project. May call to place order and then go and pick-up. (206) 684-7487.

- pet protocol. Indicate in tracking system that pet is present).

SUPPLIES

- HEPA air filters (if available)
- PAWS pamphlet on how to place your pet

EDUCATION HANDOUTS

- Pets and asthma client handout

REFERRALS

- PAWS (425-787-2500 extension 806)