

## **A Clean Intervention- Spring/Fall Cleaning**

### **Kitchen**

- Clean all counter tops and back splash Remove all items wipe them off and replace them
- Clean inside and out of all kitchen cabinets
- Clean and scrub sink and disinfect it including underneath it
- Clean Exterior of small appliances
- Complete stove cleaning inside, Out, top & sides
- Complete fridge cleaning inside, including freezer and all rubber molding cleaned, items wiped off and put back
- Clean inside of dishwasher especially the door sides and top
- Clean interior of microwave
- Clean window sills
- Dust all blinds
- Use pail of warm water and cleaner to clean all baseboards
- Remove all Fingerprints from all woodwork, door frames and switch plates including front and back of doors
- Trash emptied & wash walls if necessary
- Wash or dust table and chairs this includes the legs
- Clean and disinfect floor
- Clean inside of kitchen cabinets, shelves, pantry, drawers

### **Bedrooms**

- Carpets vacuumed
- Beds made Linens changed (if left out)
- All areas dusted - on top, on front and underneath (all items removed and replaced)
- Picture frames dusted
- Mirrors cleaned
- Window sills cleaned, Tracks cleaned including all windows as well
- Fingerprints washed from all woodwork, door frames and switch plates
- Vacuum under bed (if accessible)
- Trash emptied
- Baseboards washed

- Lamp shades wiped down or dusted
- Light, general straightening completed

### **Living & Dining Room**

- Clean underneath and behind
- Wash windows and frames, wash tracks
- Clean blinds
- Wash doors and frames
- Wash walls, baseboards,
- Cleaning light fixtures, and outlets
- Dust all bookshelf
- Vacuum corners, walls
- Clean light fixtures, ceiling fans, lamp shades
- Damp wipe window sills and moldings, shutters, blinds
- Dust and wipe pictures and frames
- Vacuum drapes and upholstered furniture
- Dust and polish furniture, shelves,
- knickknacks
- Wipe off all woodwork switch plates & knickknacks
- Clean mirrors and glass furniture tops
- Vacuum wood floors and vacuum rugs or carpets
- Dust underneath all furniture including behind all furniture

### **Bathrooms**

- Wash shower-curtains
- Wipe down walls, ceiling, corners, baseboards
- Clean out cabinets and drawers
- Vacuum and wash floors
- Sink thoroughly cleaned, disinfected and rinsed including underneath
- Tub and/or shower tiles thoroughly cleaned, disinfected and rinsed
- chrome fixtures cleaned and shined
- Toilets disinfected inside and out, including base and behind
- Vanity top cleaned Towels changed (if left out) Mirrors cleaned
- Window sills wiped down, tracks cleaned including all windows.

- Blinds cleaned
- Trash emptied - wipe pail inside & out
- Use pail of warm water and cleaner to clean baseboards
- Vacuum and/or wash floor
- Fingerprints removed from all
- woodwork, door frames and switch plates