

SPRINGCLEANING

SYLVANE'S ROOM-BY-ROOM
CHECKLIST FOR ALLERGY RELIEF

First, make sure you have:

- ☐ Vacuum ☐ Steam Cleaner ☐ Dusting Materials ☐ Broom ☐ Mop ☐ Fresh Air Filters

CLOSETS

- ☐ Donate or toss old clothes & shoes
- ☐ Pack up winter clothes
- ☐ Wash & hang up spring clothes
- ☐ Dust & wipe down shelves
- ☐ Clean or replace laundry baskets

LAUNDRY ROOM

- ☐ Clean behind washer & dryer
- ☐ Check dryer vent
- ☐ Wash & hang up spring clothes

KITCHEN

- ☐ Toss outdated spices & food
- ☐ Clean fridge & freezer interior
- ☐ Steam clean grout and appliances
- ☐ Polish silverware
- ☐ Clean inside of cabinets & drawers
- ☐ Dust top of cabinets & above fridge
- ☐ Steam clean microwave
- ☐ De-clutter junk drawer
- ☐ Clean oven
- ☐ Clean pantry shelves & around trash

LIVING ROOM

- ☐ Dust around & behind TV
- ☐ Clean fireplace
- ☐ Clean window treatments & furniture
- ☐ Wash, vacuum or replace pet beds
- ☐ Polish hardwood floors

ALL ROOMS

- ☐ Wipe down baseboards
- ☐ Clean air vents
- ☐ Dust blinds and windows
- ☐ De-clutter drawers & messy areas
- ☐ Clean windows
- ☐ Vacuum & mop floors
- ☐ Replace HVAC or furnace filters

BEDROOM

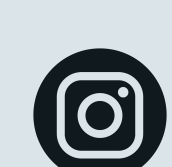
- ☐ Dust ceiling fan
- ☐ Clean or replace sheets
- ☐ Vacuum mattress
- ☐ Clean & vacuum under bed
- ☐ Wash pillows

OUTSIDE

- ☐ Clean light fixtures
- ☐ Wash outdoor fixtures
- ☐ Clean sliding glass door tracks
- ☐ Steam clean cement/cracks
- ☐ Plant flowers
- ☐ Clean or repair gutters
- ☐ Clean and organize garage

BATHROOMS

- ☐ Toss expired cosmetics
- ☐ Steam clean mirrors, countertop, sink
- ☐ Change shower curtain
- ☐ Steam clean floor, bathtub, toys
- ☐ Clean in and around toilet
- ☐ Unclog drains



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