



## WINTER GUIDE TO *clean in-door air*

Did you know that "Poor indoor air quality can cause a range of physical and psychological symptoms?" Those headaches, itchy eyes nose and throat, as well as respiratory issues can be linked to poor air quality! Here is a simple checklist on how to eliminate germs and bacteria on surfaces as well as how to clean the indoor air pollution that builds up during the winter months.

### ELIMINATE GERMS & BACTERIA ON SURFACES

- Bleach rinse in washing machine ~ This is something that is so important, and easy. It just takes a little bleach and a reminder!
- Clean your computer ~ Do this on a regular basis. If your fingers are constantly on your key board then it makes sense that you want it as clean as possible!
- Deep dust your furniture and blinds ~ Germs and pathogens can live in dust so you want to try to eliminate as much of the dust from your home as you can.
- Don't forget to vacuum inside your couch and dust ceiling fans.
- Cobwebs? Catch 'em!
- Window seals? Wipe 'em down!
- Deep clean floors.
- Sweep and mop laminate or wood floors at least once a week.
- Steam clean carpets every 6 months to a year.
- Wash mattress covers in a hot wash cycle. {you want a bacteria-killing temperature}
- Disinfect all door knobs in the house ~ If you have kids, this is a great job for them. Give them some antibacterial wipes and have them do this once a week!

### CLEAN INDOOR AIR POLLUTION

Here's a list of filters and annual inspections to help keep your indoor air clean:

- Change your furnace filters every 3 months.
- Change air filters in your air conditioner quarterly.
- Clean the air with air purifiers ~ Oreck sells room purifiers that captures 99.7% of particles like pollen, dust, pet dander, smoke, and other odors.
- Make sure the HEPA filter in your vacuum is in good condition.
- Inspect exterior doors and windows for crevice cracks leaky seals.
- Inspect fireplace damper for proper closing and opening and screen the top of chimney to keep out pests



Find air purifiers at [Oreck.com/tipjunkie/](https://Oreck.com/tipjunkie/)  
Cleaning checklist created by [TipJunkie.com](https://TipJunkie.com) as a guide.