

## The Basics of Spring Cleaning

Spring is the time you want to be outside, but it also a good time to do some spring house cleaning. Not only does a good spring house cleaning make everyone feel good, it is a time to get rid of all the dust and dirt that can affect those suffering from allergies.

To do a whole house spring cleaning, plan to do a thorough cleaning in every room. Cleaning household surfaces, washing the bedding, dusting and vacuuming can reduce allergy symptoms and will make your house sparkle, as well.

Begin cleaning in the bedrooms. Launder all washable bedding, including mattress covers, pillows, bed skirts, blankets and comforters. Flip you mattresses and vacuum them. Dust mites can be hiding anywhere.

Dusting is the next step. Use a clean, soft cloth sprayed with a dusting product. Dust all woodwork, furniture, shelves, lighting fixtures, etc.

Next, vacuum everywhere. Vacuum under the beds; around and under chairs, couches, tables, behind dressers, shelves, refrigerator, and any other hidden areas. Remove cushions on furniture and clean thoroughly. Be sure to do the crevices of upholstery and lamp shades. Vacuum walls or wipe them down with a cloth. Remember to give the carpets a good vacuuming. Vacuum carpets often and use a carpet cleaner to remove stains.

To clean the bathroom, use an all-purpose cleaner and clean the walls, tub, shower, fixtures and towel racks. If necessary, use a mildew remover on the tub and shower walls and a calcium and lime scale remover to remove those hard water mineral deposits.

For cleaning the kitchen, wipe all cabinet fronts using a cloth dampened with water and a few drops of a mild cleanser following the direction of the grain.

Scour the surface of the stove top with a cleaner. Soak drip pans and use a scouring pat and cleanser to clean. Clean the inside of the oven as directed and wip down the door, hardware and handles.

Wipe countertops and backstops with water and mild cleaner and wipe the countertops in a circular motion. Then mist with water and wipe with a clean cloth. Wipe down appliance with a cloth and mild soap or cleaner. Disinfect garbage can with an all-purpose cleaner.

Empty, cabinets and draws and vacuum with a brush attachment. Wipe shelves with a damp cloth and dish soap.

Remove old out dated food from the refrigerator and freezer. Clean inside and out with damp cloth and dish soap.

Wash all floors. For vinyl and ceramic tile floors use a non-abrasive, all-purpose cleaner or floor cleaner. For really deep cleaning, you may have to scrub the floors on your hands and knees. Use clean water or a wood cleaner on your hardwood floors. Be careful not to get hardwood floors too wet.

Clean windows, draperies, blinds and screens. Wash windows and screens. Use a glass cleaner or glass and multi-surface cleaner for windows. While screens let in fresh air, they also collect a lot of dust and dirt. Vacuum the screens to remove dust and other particles stuck to the screen. Hose down or gently scrub them with a brush dipped in a solution of all purpose cleaner and water.

Don't forget the closets and other storage areas. Take out your winter clothes and decide which ones need to be washed or dry cleaned before storing them. Any clothes with food or perspiration stains, even if you can't see them can attract unwanted pests. Consider donating to charity anything you didn't use or wear this past year. Vacuum or mop under shoes and other items stored on the floor.

Take a trip through the home you have cleaned. It will be refreshed and you can feel a great sense of accomplishment. Continue to weekly and monthly to clean and do maintenance to keep your home in top shape all year long.

Source: Lancaster Nebraska Extension