

# KEEP A HEALTHY HOME

## DAILY *Spring* CLEANING SUGGESTIONS

It's that time of the year again to start thinking about spring cleaning, which normally, people associate with a once a year deep clean. Adding the steps below to your daily routine can help create a "spring clean" home year-round, as well as protect it from damage, and lower the risk of illness for you and your household.

### *Understand* THE DIFFERENCE

#### CLEANING

Refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spread.

#### DISINFECTING

Refers to using chemicals that kill germs. These should NEVER be administered into the human body. For a full list of registered U.S. Environmental Protection Agency (EPA) disinfectants visit: [www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)

### WASH YOUR HANDS...*often*

Wash your hands after you cough, sneeze, touch your face, use the restroom, touch animals, or are about to leave or enter your home.

Lather hands using soap + warm water for 20 seconds or more.



### *Kick off* SHOES AT THE DOOR

The things that linger on the outside ground are NOT the things you want to bring into your home - dirt, moisture, bacteria, toxins, gravel, oil, or tar.



### *Target* THE HIGH-TOUCH SURFACES IN YOUR HOME

The Center for Disease Control (CDC) recommends that we all take steps at least once daily to clean and sanitize surfaces that you interact with most in the home.

#### HARD (*non-porous*) SURFACES:

Doorknobs  
Table Surfaces  
Kitchen Counters  
Bathroom Counters

Faucets + Faucet Knobs  
Toilet Seats + Handles  
Light Switches  
Electronic Remote Controls

#### SOFT (*porous*) SURFACES:

Carpeted Floor | Rugs | Drapes | Towels + Linens

Remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.

- 1). Clean the surfaces, removing any contaminants, dust, or debris. You can do this by wiping them with soapy water (or a cleaning spray) and a hand towel.
- 2). While wearing disposable gloves, follow up with an application of a surface-appropriate disinfectant.

Laundry items in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.

#### PORTABLE ELECTRONICS:

Smartphones | Tablets | Laptops

IMPORTANT: Research or review instructions and supplies needed for cleaning your particular device.

Power down the device, remove any cases, and unplug any accessories prior to cleaning.

Many devices simply need a wipe down with a disinfecting wipe or alcohol solution of at least 70 percent. See manufacturer instructions / recommendations.

To avoid scratching, use a microfiber or extra soft cloth.

Make sure you pay special attention to the screen, the buttons, and anywhere dust could get trapped.

**TNT**  
TEXAS NATIONAL TITLE  
A MOTHER LODE COMPANY

[www.TexasNationalTitle.com](http://www.TexasNationalTitle.com)