



Cleaning Suggestion for minor, less than 10 Square Feet of cleaning

- Gear:
 - N-95 masks, disposable gloves (nitrile), and goggles. In some cases full body clothing is helpful.
 - HEPA filtered vacuum – Check your regular vacuum as most have HEPA filtration. Just be sure to replace the filters after cleaning! Shop Vacs can be used with HEPA filter and allergen bag.
 - Surface Cleaners like Lysol, 409, Mr. Clean, Fabuloso, Dish Soap, Castile Soap, Laundry Detergent, Decon 30, Borax, Hydrogen Peroxide or other peroxide cleaners, rubbing alcohol, etc.)
 - Rags – disposable cloths, bucket and mop, and trash bags

- Before starting any cleaning and if a mold or allergenic sensitive person is in the home, I recommend having this person stay out of the home during cleaning and 2 days after to allow the disrupted mold spores to filtered out of the air via vacuum, wiping, and HVAC filtration.

- Remove all personal contents that are in areas of main concern that need cleaned. These boxes and items will need to be “aired out” outside on a nice sunny day. I also recommend wiping these down with the surface cleaner of your preference. Replace these contents once full cleaning is complete. Consider using storage that allows for maximum air flow (boxes not on ground or corners). For unique and items of great value please consult with a specialist on that item on the best method to clean (pianos, furniture, valued clothing).

- Shut off HVAC system and other fans to minimize distribution during cleaning. Consider taping off or covering vents and registers. Windows can be opened during cleaning but close or minimize opening if it’s a windy or rainy day. However open windows after cleaning for a refresh of air. **The key is to not allow mold spores to get caught in places that are hard to clean like HVAC ducts.**

- Start at the area of greatest concern and work to areas of least concern. If this is a whole house clean then just start at the lowest level and work upwards.

- HEPA vacuum the areas of concern with a brush attachment first

- Secondly damp wipe the area with a surface spray cleaner and disposable clothes.

- ○ Typically I use an enzymatic/botanical cleaner like Benefect Decon 30 in a spray bottle. Follow bottle instructions. Adding in a scoop of Oxiclean, Borax, or baking soda may help remove stains and prevent future mold growth as well. I do not recommend using bleach or commercial-grade stain removers as a DIY cleaning solution.
 - Throw away the disposable wipes after they have helped clean the suspect area. A second, lighter spray down is helpful in some situations to provide more cleaning.
 - Let this area dry and move on to the next area.
 - Ensure all trash is taken outside and properly disposed of.

- Post cleaning I recommend opening up windows and running the HVAC fan for 24 hours if possible to dilute and filter out the air. Please do not open windows if the outside humidity is above 70% or raining. Replace the HVAC filter after this fan cycling period.

- Use of an essential oil blend such as Thieves may help control future mold growth. Ensure diffuser is clean and fresh water is used.

Property Characteristics and Recommendations: (Performed by a Professional)

DRY:

- Clean gutters and downspouts.
- Trim any tree branches overhanging building.
- Repair exterior envelope (roof, flashing, siding, windows, doors, and trim)
- Regrade or remove debris from siding at ground contact. Striving for 6” clearance
- Understand where plumbing lines are and create easy access to monitor for leaks
- Use overhangs over doors and windows when possible
- Plant appropriate landscape vegetation around house (Defense space) – no mulch
- Eliminate standing water containers
- Recommend watching your house from the outside when it rains (in vehicle)
- Minimize exterior wall coverings like picture frames and wallpaper (needs to dry)

CLEAN:

- Continue to keep food in kitchen area to reduce pest interest in other rooms
- Continue to keep waste and compost food away from home
- Recommend HEPA vacuum after any construction
- Recommend room air purifiers
- If HVAC installed – recommend MERV 11-13 filter rating
- Cleaning weekly

SAFE:

- Ensure doors and windows are lockable

- Practice fire escape and tornado drills
- Remove trees within 10-20 feet of home
- Ensure parking can be free of obstacles with clear line of sight
- Ensure cellar door can be opened from the cellar if needed

WELL-VENTILATED:

- Maintain attic, crawl, and cellar/basement ventilation
- Seal off from ground with vapor barrier (6mil plastic)
- Open window when bathing or use vent for at least 30 minutes after bathing
- Kitchen vented to outside
- Passive air flow
- Consider stack effect

PEST-FREE:

- Seal up siding around house and roof flashing
- Clean up and seal off cellar and crawlspaces if possible
- Past wasp presence in attic should be investigated by pro
- If using firewood, store firewood at least 20 feet away from house and keep dry
- Garden zones - compost

CONTAMINANT-FREE:

- Test water
- Annual or as needed air sampling for mold to help with remediation and health efforts.
- Limited fragrance in all products

MAINTAINED:

- Maintain debris away from house and out of gutters
- Standard annual home maintenance

THERMALLY CONTROLLED:

- Reducing humidity in the summer months will be important to create a healthy home
- Dehumidifiers as long as area is clean
- Vapor barriers will reduce the amount of moisture entering home
- Replace and/or repair windows to reduce moisture intrusion
- Recommend against whole home humidifiers
- Plant wind block with trees

Assistance: Wholesome Homes Co is available to consult on any of these or future questions with regards to your healthy wholesome home journey! We've been through it. We want to help!

References:

The U.S. Government's Healthy Homes program has established guidelines to create a healthy home. The guidelines state a healthy home is Dry, Clean, Safe, Well-ventilated, Pest-free, Contaminant-free, Maintained, and Thermally Controlled.

https://www.hud.gov/program_offices/healthy_homes/healthyhomes