## Foundations in Cleaning

Everyone likes to come home to a clean space. Here’s how to easily tackle cleaning chores on your own or with roommates.

### Safety 101
- Don’t mix cleaning products.
- Keep cleaning products in their original containers with labels intact.
- Read and follow label directions when cleaning and disinfecting.

### Cleaning Products to Have
- Wipes
- Hand Sanitizer
- Disinfectant Spray
- All Purpose Cleaner
- Floor Cleaner
- Bathroom/Toilet Cleaner
- Dishwasher Detergent
- Dish Soap
- Sponges
- Mop/Broom/Vacuum

### Living Space

#### Daily
- Clean and consider disinfecting frequently-touched surfaces.
- Clean visible messes.
- Pick up personal items.

#### Weekly
- Vacuum and/or sweep.
- Dust.

### Bedroom

#### Daily
- Put away clothes and dirty clothes in hamper.
- Organize personal items.
- Wipe down nightstand and dressers.

#### Weekly
- Wash sheets/bedding.
- Vacuum/sweep floors (ex. under bed, behind desk and dressers).
- Empty trash.
- Wipe down mirrors.

### Kitchen/Kitchenette

#### Daily
- Clean and consider disinfecting frequently-touched surfaces. (ex. countertops, refrigerator door, etc.).
- Clean visible messes and crumbs.
- Wash dishes and/or load dishwasher.
- Put away food.

#### Weekly
- Clean out refrigerator and toss any expired or old food.
- Clean inside and outside of microwave.
- Vacuum, sweep, and/or mop.

### Bathroom

#### Daily
- Clean and consider disinfecting frequently-touched surfaces.
- Clean visible messes.
- Pick up and organize personal items.

#### Weekly
- Clean toilet.
- Clean sink and countertop.
- Clean shower/bath.
- Vacuum, sweep, and/or mop.
- Wash towels and bathmats.