

Template for Healthy House Cleaning

Daily & Weekly Routines

Wash your hands before and after cleaning and gather cleaning supplies.

- Sanitizer, disinfectant, & laundry detergent
- Latex-free & powder-free disposable gloves or multiuse gloves
- Buckets designated for cleaning
- Mop, microfiber cloths, & vacuum
- Wipes - disinfect & electronic safe
- Hand soap & paper towels/clean hand towels

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KITCHEN

- Countertops
- Faucets, sinks, & sink strainers
- Stovetops
- Microwave oven
- Refrigerator/Dishwasher
- Doors, Cabinets & Drawers
- Trash can & lid
- Pet feeding areas & accessories
- _____
- _____
- _____

DINING AREA

- Tabletop
- Chairs/stools
- Shared spice/sauce containers
- _____
- _____

ELECTRONICS/HOME OFFICE

- Cell phones & chargers/cords
- Desktop
- Laptops/computers & screens
- Keyboard & mouse
- Chair/armrest
- _____
- _____
- _____

BATHROOM

- Countertops
- Sinks & faucets
- Toilet
- Personal appliances/items
(dental/hair care/makeup)
- _____
- _____
- _____

LAUNDRY AREA

- Washing machine
- Dryer
- Laundry baskets/hampers
- _____

GENERAL

- Floors
- Light switches & plugs
- Door handles
- Handrails
- Ceiling fan & lamp pull chains
- Buttons & knobs
- Cords
- Appliance handles
- Backpacks & bags
- Exercise equipment
- _____
- _____
- _____

LIVING AREA

- Remotes/game controllers
- Toys
- Exercise equipment
- _____
- _____
- _____

BEDROOM

- Bureau/bedside tables
- Bedding
- _____
- _____
- _____

ENTRANCES & EXITS

- Handles & locks
- Doors - exterior/interior
- Keys & key chains/fobs
- _____
- _____

