10 Tips for a Healthy Home

1. **Create a list; check it twice!**
   Make a cleaning kit with a basic checklist to ensure you have the supplies needed to keep your house clean. Stock up on sponges, microfiber cloths, dusters, bleach, soaps, detergents, and countertop cleaners.

2. **Cut through the clutter**
   Declutter and organize your home first to save time. Put away laundry, kids' toys, blankets, junk mail, and all other pieces of clutter that could get in your way while cleaning.

3. **Clean top to bottom**
   Clean a room by working from high to low in order to maximize your time. So dust walls, items, blinds and ceiling fans first, then clean and wipe all surfaces, vacuum or mop floors last.

4. **Clean counters, can't lose**
   Routinely clean and disinfect all surfaces. When using a cleaning product, be sure to read the label to see how long a product must sit before wiping to fully clean and disinfect a surface.

5. **Stop the spread of germs**
   Don't let germs hang around. Throw paper towels to wipe surfaces in the trash after every use. Wash all cloth towels in hot water or use disposable sanitizing wipes that both clean and disinfect.

6. **Always read labels**
   Follow directions on the product label. Always. Products are more effective when all instructions are followed, and you'll keep yourself and your family safe!

7. **Clean like clockwork**
   When cleaning the kitchen, work in a circle clockwise to make sure you don't miss anything. Start on one side of the kitchen and work clockwise to make sure all cracks and crevices of the kitchen are clean.

8. **Out of sight, out of mind AND reach**
   Keep all cleaning products out of children's reach by storing them in high places like above the fridge or cabinets with locks to ensure safety for the entire family. There will be no messes to clean up and products can be used for their intended purpose.

9. **Fans and fresh air**
   When possible, open windows or turn on your thermostat fan to help circulate fresh air. Check the cleaning product you are using to see if you should ventilate the area.

10. **Combat cooties by cleaning kids' toys**
    Moms and dads! Clean kids' toys with soapy water or disinfectant spray and wipe dry with disposable paper towels. Let toys air dry before playing with them again.

For more tips and advice on creating and maintaining a healthy home, visit healthystartsathome.org.