Meadowlark Home Cleaning
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FOR HOMEOWNERS AND RENTERS

Deep Cleaning Checklist, Room by Room

A routine clean keeps a home steady. A deep clean goes after the places that fill up slowly: baseboards, grout, vents, window tracks and the backs of things. Use this list to do it yourself, or to compare what a cleaner includes in a deep clean so you know what you are paying for.

Kitchen

- [ ] Clean inside the oven and wash the racks
- [ ] Empty and wash the fridge, including drawers and door seals
- [ ] Degrease the range hood and replace or wash its filter
- [ ] Wipe cabinet fronts, handles and the tops of cabinets you can reach
- [ ] Wash the backsplash, switch plates and the wall behind the stove
- [ ] Scrub the sink and drain, and run a descaling cycle on the dishwasher
- [ ] Move small appliances and clean beneath them

Bathrooms

- [ ] Remove soap scum and mineral film from glass, tile and fixtures
- [ ] Scrub grout and re-wipe the caulk lines
- [ ] Clean the exhaust fan cover
- [ ] Wash the shower curtain or liner, or replace it
- [ ] Wipe the inside of the vanity and medicine cabinet
- [ ] Clean behind the toilet and around its base

Bedrooms and living areas

- [ ] Wash baseboards, door frames and doors
- [ ] Dust the ceiling fans, light fixtures and the tops of tall furniture
- [ ] Wipe switch plates, outlet covers and handles
- [ ] Vacuum under beds and sofas, and along every edge
- [ ] Vacuum or wipe upholstered furniture and the mattress surface
- [ ] Wipe the blinds and clean window glass, sills and tracks
- [ ] Dust or vacuum the vent and return covers

How often each job is worth doing

- Every week: kitchen and bathroom surfaces, floors, dusting, beds
- Every month: baseboards you can see, switch plates, blinds, the microwave and the tops of appliances
- Every three months: oven, fridge shelves, vent covers, window tracks, grout
- Once or twice a year: a full deep clean, the tops of cabinets, light fixtures, behind large appliances

Why the order matters

Work from top to bottom and from dry to wet. Dust ceiling fans and fixtures first, then walls and furniture, then floors last. Dry-dust and vacuum before you wipe with a damp cloth, so you are not turning dust into streaks. Clean before you disinfect: a soiled surface cannot be disinfected well, and the CDC says to clean with soap or detergent before disinfecting, because disinfectants work better on clean surfaces.[1]

A safety note on products

Never mix bleach, or any disinfectant, with another cleaner.[2] Bleach mixed with ammonia makes toxic fumes.[3] Read each label, ventilate the room, and use one product at a time. If you want to choose products with a safer profile, the EPA's Safer Choice label is one place to start.[4]

Sources

[1] When and How to Clean and Disinfect Your Home, Centers for Disease Control and Prevention. https://www.cdc.gov/hygiene/about/when-and-how-to-clean-and-disinfect-your-home.html

[2] Cleaning and Disinfecting with Bleach, Centers for Disease Control and Prevention. https://www.cdc.gov/hygiene/about/cleaning-and-disinfecting-with-bleach.html

[3] A Brief Guide to Mold, Moisture and Your Home, U.S. EPA. https://www.epa.gov/mold/brief-guide-mold-moisture-and-your-home

[4] Frequently Asked Questions on Safer Choice, U.S. EPA. https://www.epa.gov/saferchoice/frequently-asked-questions-safer-choice

Want a hand with deep cleaning?

Call Jeremy at (503) 505-0174 or ask for a free quote at meadowlarkhomecleaning.com/contact. The quote is free, with no obligation.

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