Your home contains mold, dust and germs that could make your family sick. Use this checklist to clean areas in your house that you might overlook.

### Entire home
- Change furnace filters.
- Vacuum using HEPA [high-efficiency particulate air] filters, and change or clean filters regularly.
- Disinfect children’s toys.
- Wash pet beds and toys.
- Wipe down remote controls, keyboards and phones.

### Bathroom
- Scrub mold off bathroom surfaces.
- Wash toothbrush holder in dishwasher.
- Clean ventilation ducts.
- Toss expired medicine and cosmetics.
- Replace moldy shower curtains.

### Kitchen
- Wipe down refrigerator handle, drawers and shelves with cleaning solution.
- Disinfect can opener, stove buttons and kitchen scissors.
- Scrub kitchen sink and faucet.
- Clean coffee maker.
- Replace sponges or microwave them for two minutes to kill germs.
- Wash pet food and water bowls.
- Discard expired condiments.

### Bedrooms
- Wash bedding, including pillows, blankets and comforters, in hot water.
- Wipe down ceiling fan blades, light fixtures, windows and blinds.
- Wash curtains.

### Still Sniffling?
Visit your doctor or an allergist, who can help ease symptoms. To find a doctor, call **866-850-8863**.