

Household Cleaning Checklist for Illness Prevention

Daily Tasks

- ☐ Wipe down high-touch surfaces (doorknobs, switches, handles)
 - ☐ Clean and disinfect kitchen counters
 - ☐ Sanitize bathroom surfaces
 - ☐ Disinfect mobile devices and remotes
 - ☐ Empty trash and replace liners
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Weekly Tasks

- ☐ Launder bedding and towels
 - ☐ Clean light switches and door frames
 - ☐ Disinfect appliance handles
 - ☐ Clean bathroom sinks and faucets
 - ☐ Mop hard floors
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Monthly Tasks

- ☐ Wipe down walls and baseboards
 - ☐ Clean inside trash bins
 - ☐ Wash shower curtains and liners
 - ☐ Vacuum upholstery and mattresses
 - ☐ Disinfect pet areas and toys
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Supplies Needed

- ☐
- ☐
- ☐
- ☐
- ☐