

SPRING CLEANING FOR YOUR HEALTH

As spring arrives, it's the perfect time to refresh your home—not just for aesthetics, but for your health! A thorough deep clean can help reduce allergens, prevent illness, and even boost mental well-being. Here's how spring cleaning supports a healthier lifestyle:

Reduce Allergens & Improve Air Quality

During the winter, dust, pet dander, and mold spores build up indoors, triggering allergies and respiratory issues. To minimize exposure:

- ✓ **Dust & Vacuum Thoroughly** – Use a vacuum with a HEPA filter to trap fine particles and wipe down surfaces with a damp cloth instead of dry dusting, which can spread allergens.
- ✓ **Wash Bedding & Curtains** – Wash sheets, pillowcases, and blankets in hot water to eliminate dust mites. Don't forget curtains and upholstery, which collect dust over time.
- ✓ **Replace HVAC & Air Filters** – Changing your air filters improves indoor air quality by reducing allergens circulating in your home.

Prevent Germ Buildup & Illness

Spring cleaning is a great time to tackle the areas that often get overlooked but harbor bacteria and viruses.

- ✓ **Sanitize High-Touch Surfaces** – Regularly disinfect doorknobs, light switches, remote controls, and kitchen handles to prevent the spread of germs.
- ✓ **Deep Clean Kitchen & Bathroom Areas** – Scrub sinks, faucets, and countertops where bacteria thrive. In the kitchen, don't forget to clean out the fridge and wipe down shelves.

Declutter for Mental Well-Being

A cluttered space can contribute to stress and anxiety, while an organized home can boost focus and mood.

- ✓ **Purge Unused Items** – Donate or recycle clothes, old papers, and items that no longer serve a purpose.
- ✓ **Organize Storage Spaces** – Neatly arranging closets and drawers makes daily life more efficient and less stressful.

For more information on Spring Cleaning, visit:
<https://www.lung.org/blog/spring-cleaning-tips>



TOWNSHIP OF HARDING
BOARD OF HEALTH
PO box 666, 21 Blue Mill Road
New Vernon, 07976
Telephone: (973) 267-8000
Fax: (973) 829-7025
www.hardingnj.org

