



Using Science to Clean for Health

Move In/Out Checklist

Kitchen:	
Clean inside/outside of refrigerator	
Clean inside/outside of stove	
Clean stove hood	
Clean inside/outside of microwave	
Clean inside/outside of dishwasher	
Clean & disinfect countertops and backsplash	
Clean inside/outside of cabinets	
Clean/disinfect/polish sinks and faucets	
Empty trash	
Dust ceiling corners	
Hand dust all horizontal surfaces	
Sweep and vacuum floor corners and edges, mop floors	
Hand wipe baseboards	
Vacuum floor rugs	
Vacuum and hand wipe heating/cooling vent grills	
Hand wipe fixtures and switches	
Clean window sills and tracks	
Clean window	
Vacuum and wipe blinds	
Wipe down door	
Bathroom(s):	
Clean and disinfect tubs and showers, remove soil and rings	
Clean shower doors and remove hard water spots	
Clean mirrors	
Clean interior/exterior of vanities	
Wash mirror	
Clean/disinfect/polish countertops, sinks and faucets	
Clean and disinfect toilets	
Clean and disinfect floors	
Vacuum and hand clean heating/cooling vent grills	
Hand wipe baseboards	
Dust ceiling corners	
Hand wipe light fixtures inside/outside and disinfect switches	
Clean and disinfect towel bars	
Thorough hand dusting of all horizontal surfaces	
Thorough hand dusting of all horizontal surfaces	
Thorough hand dusting of all horizontal surfaces Clean window sills and tracks	
Thorough hand dusting of all horizontal surfacesClean window sills and tracksClean windows	

Bedroom(s):		
	Thorough hand dusting of all horizontal surfaces	
	Dust ceiling corners	
	Vacuum carpet	
	Vacuum/dust mop/damp mop floors	
	Vacuum and hand wipe heating/cooling vent grills	
	Long dust ceiling fans (as best as possible)	
	Hand clean light fixtures and disinfect switches	
	Hand wipe baseboards	
	Clean window sills and tracks	
	Clean windows	
	Vacuum and wipe blinds	
	Wipe down door	
Dining Room and Living Areas:		
	Thorough hand dusting of all horizontal surfaces	
	Dust ceiling corners	
	Long dust ceiling fans (as best as possible)	
	Clean sliding glass door and track	
	Clean mirrors	
	Vacuum and hand wipe heating/cooling vent grills	
	Vacuum all carpet including edges and corners	
	Vacuum and damp mop all floors	
	Hand clean light fixtures inside/outside and disinfect switches	
	Hand wipe baseboards	
	Clean window sills and tracks	
	Clean windows	
	Vacuum and wipe blinds	
	Wipe down door	
Utility Room:		
	Thorough hand dusting of all horizontal surfaces	
	Dust ceiling corners	
	Hand clean light fixtures inside/outside and disinfect switches	
	Hand wipe baseboards	
	Wipe down outside of washer and dryer, clean underneath and behind	
	Vacuum and damp mop all floors	
	Clean window sills and tracks	
	Clean windows	
	Vacuum and wipe blinds	
	Wipe down door	