



Quality Indoor Air Care Planner

www.miteyfresh.com.au

Duties: Cleaning your indoor air includes: opening windows, dusting, vacuuming, washing

Daily	Weekly	Monthly	3 monthly	6 monthly	Yearly
Open curtains <input type="checkbox"/>	Change and launder towels <input type="checkbox"/>	Wash dust mite pillow covers <input type="checkbox"/>	Wash pillows <input type="checkbox"/>	Wash dust mite mattress, doona covers <input type="checkbox"/>	Wash doonas, blankets <input type="checkbox"/>
Open windows and doors <input type="checkbox"/>	Launder sheets and pillow covers <input type="checkbox"/>	Air pillows outside in sunlight <input type="checkbox"/>	Clean behind your curtains <input type="checkbox"/>	Air mattress, doona and blankets in sunlight <input type="checkbox"/>	Wash curtains and blinds <input type="checkbox"/>
Air beds by keeping bed clothes at the foot end <input type="checkbox"/>	Tidy and Declutter <input type="checkbox"/>	Damp dust blinds <input type="checkbox"/>	Clean corners, top of wardrobes <input type="checkbox"/>	Dust and vacuum corners of room <input type="checkbox"/>	Check and clean heating and cooling appliances <input type="checkbox"/>
Wipe down kitchen and bathroom bench tops <input type="checkbox"/>	Damp dust hard surfaces <input type="checkbox"/>	Damp dust skirting boards <input type="checkbox"/>	Clean extractor/exhaust fans in bathroom and kitchen <input type="checkbox"/>	Sort through wardrobes to clean, repair and declutter <input type="checkbox"/>	Check and clean gas appliances <input type="checkbox"/>
Use non fragrant products <input type="checkbox"/>	Vacuum carpets <input type="checkbox"/>	Move furniture when vacuuming - your lounge, bed and desk <input type="checkbox"/>	Clean ceiling fans <input type="checkbox"/>	Sort through kitchen cupboards for out of date items, declutter, clean shelving <input type="checkbox"/>	Wash windows <input type="checkbox"/>
Damp sweep floors <input type="checkbox"/>	Clobber out door mats and rugs <input type="checkbox"/>	Vacuum floor <input type="checkbox"/>	Vacuum mattresses <input type="checkbox"/>	Disinfect garbage bins located inside <input type="checkbox"/>	Clean unoccupied, closed-up rooms <input type="checkbox"/>
Dry up spills and water <input type="checkbox"/>	Clean & dry bathroom <input type="checkbox"/>	Vacuum heating/cooling vents <input type="checkbox"/>	Sort through fridge and cupboards for expired items, declutter, clean <input type="checkbox"/>	Clean shoes and air outside in sun <input type="checkbox"/>	Declutter <input type="checkbox"/>
Remove rubbish <input type="checkbox"/>	Clean toilet <input type="checkbox"/>	Vacuum vents located on walls and ceiling <input type="checkbox"/>	Check for leaks, drips and anything water and repair <input type="checkbox"/>	Disinfect bins located outside <input type="checkbox"/>	Check chimney exhaust <input type="checkbox"/>
Remove shoes when inside <input type="checkbox"/>	Clean shower and tub <input type="checkbox"/>	Vacuum soft furnishings <input type="checkbox"/>		Check roof, gutters, down pipes, drains and repair <input type="checkbox"/>	Check cracks and crevices and repair <input type="checkbox"/>
					Trim back vegetation away from building <input type="checkbox"/>