

# CLEANING HABITS TO SET YOUR CLOCK TO

The Maids®



## BATHROOM

CLEAN WINDOWS AND WINDOW TREATMENTS

**60**  
minutes

DISINFECT TOOTHBRUSH HOLDER

**15**  
minutes

WASH AND DISINFECT GARBAGE CAN

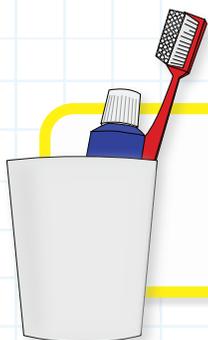
**45**  
minutes

**30**  
minutes

WIPE OUT DRAWERS, CUPBOARDS, AND THE MEDICINE CABINET

WASH OR REPLACE SHOWER CURTAIN AND LINER

# CLEANING HABITS TO SET YOUR CLOCK TO

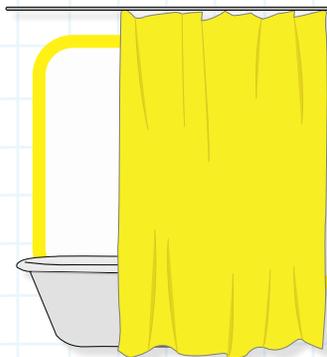
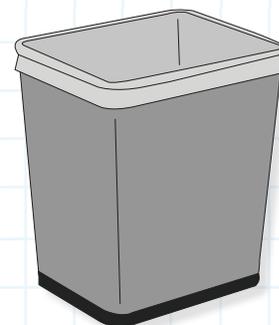


## DISINFECT TOOTHBRUSH HOLDER

This is usually as easy as running it through the dishwasher. (While you're at it, your dentist called and wants us to remind you to replace your toothbrush.)

## WASH AND DISINFECT GARBAGE CAN

Spray the inside of the can with a disinfectant cleaner that kills bacteria and neutralizes odors. Let sit according to the directions on the bottle, then scrub the can with a nylon brush. Wipe down the outside with a sponge or nylon scrubber dipped in hot water and heavy-duty cleaning solution. Rinse and let air dry. If possible, let it dry in the sun, as the heat helps get rid of mold.

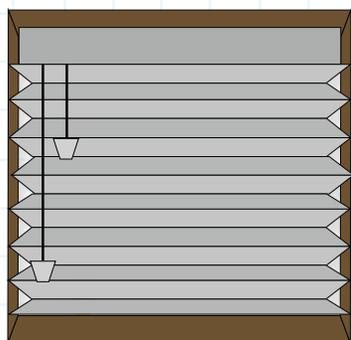
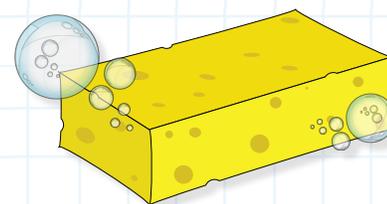


## WASH OR REPLACE SHOWER CURTAIN AND LINERS

Unless they're plastic or the directions on the tag say otherwise, both the shower curtain and the liner can be run through the wash. Soak plastic ones in a solution of water and vinegar, or replace them. Most of your time will be spent taking it down and putting it back up again.

## WIPE DRAWERS, CUPBOARDS AND THE MEDICINE CABINET

Remove every item and wipe down, inside and out, with warm, soapy water. Also, remove outdated, expired or unused medication and dispose of them properly.



## CLEAN WINDOWS AND WINDOW TREATMENTS

Remove screen and rinse it. Squeegee window, and wash the sills, tracks and casing, using an old toothbrush or compressed air for hard-to-reach places. Vacuum blinds and shades or wipe with a damp microfiber cloth. Metal or vinyl blinds can be washed in a bathtub of warm, soapy water and a cup of white vinegar (be sure to fully tighten blinds before removing them from their brackets), then rinsed and dried flat on a towel. Vacuum or launder curtains, drapes and valances.