



Looking After You and Your Baby

FAMILY HEALTH PROGRAM™
Brought to you by LYSOL® Products

For mothers of babies ages 0 to 18 months



CLEANING FLOORING and FURNITURE

Usually, floors and furniture contain low risk for the spreading of germs. However, there are some general cleaning guidelines you should follow in order to keep a clean and healthy home — especially in preparation for letting babies or other children lie on the floor.

General Guidelines

- **Vacuum carpets and soft furnishings** to pick up dust, dust mites, and other debris.
- If possible, **replace bathroom and kitchen carpets** with hard surface floorings, such as tiles, linoleum, or laminates.
 - These are more hygienic because they are easier to clean and do not collect debris in the same way that carpets can.
- **Clean hard surface floorings** with an appropriate cleaner and water to remove dust, dirt, and visible mold growth.
 - You should only have to disinfect these surfaces if they have become contaminated by body fluids.
 - Use disposable paper towels to remove spills of body fluids, then clean and disinfect the surface.
 - In bathrooms and kitchens (where spills often occur), hard surface floorings are easier to keep clean and don't accumulate dirt the way carpets do.
 - Use an all purpose disinfectant cleaner to help clean and disinfect your floorings and other surfaces.
 - If you use a mop and bucket, disinfect them after each use and store them dry; position the mop head upwards.
- **Damp-dust hard surface furniture** to minimize dust and dirt.
- To prevent the growth of molds and fungi, **clean and disinfect tiled walls** and other hard surfaces, where moisture is likely to collect.
- **Do not use bleach products** on carpets, wooden surfaces, or in confined unventilated areas.
- Remember to **wash your hands** after cleaning.

Frequency of Floor Cleaning

The general rule of thumb is to not wait until floors or carpets are visibly dirty to clean them. This is especially true with a baby in the home. Plus, the more often you clean them, the easier the chore will be.

- Frequency of cleaning **hard surface floors** will depend on the level of "traffic" as well as any accidents or spills. Follow the guidelines shown on page 46 for cleaning hard surface flooring.
- For **carpeting**, the following chart outlines the U.S. Environmental Protection Agency's (EPA) recommendations for frequency of cleaning.

Carpet Cleaning

Carpet Cleaning Frequency Guidelines for Residence				
Environment	2 persons, non-smoking	2 persons, with smoking	young children	young children w/pets
Normal	6-12 months	4 months	6 months	3-6 months
Contaminated; Outside Dusty	2 months	2 months	1 month	1 months
Extreme Cold Weather Climates	4-6 months	3 months	3 months	2 months
High Humidity Biogenic	4-6 months	4 months	3 months	2 months

Courtesy of Here's to your (Carpet) Health, Cleaning and Maintenance Management, June 1997.

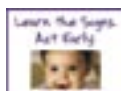
➔ *For More Information . . .*

Preventive Home Cleanliness Tips: www.cleaning101.com

A Special Note about Clean Floors for Baby

Disinfection of floors, furniture, and other surfaces (like walls) should only be necessary where there has been a spill of body fluids such as vomit or feces. However, keep in mind that when young children and **babies crawl on the floor**, they are at higher risk of infection. This risk increases if you also have pets.

- Before putting your baby on the floor, check that the area has been recently **vacuumed or washed, and disinfected if necessary**.
 - You may find it easier to cover the floor with a **play-mat that you can disinfect** or launder after use or whenever it gets dirty.
 - Also, check that there are **no small, loose objects** that your baby could choke on, or any other hazards like unguarded heat sources or exposed electrical cords.



The Centers for Disease Control and Prevention's "Learn the Signs. Act Early." Campaign

