

Living Room

What you will need:

Dusters <input type="checkbox"/>	Disinfectant wipes and spray <input type="checkbox"/>	Sponges <input type="checkbox"/>	Vacuum cleaner <input type="checkbox"/>
Cleaning cloths <input type="checkbox"/>	Window cleaning supplies <input type="checkbox"/>	Surface polish <input type="checkbox"/>	Carpet shampoo <input type="checkbox"/>

Begin by clearing out all the clutter in your room. This way it will be a lot easier to give it a deep clean.

Send all your dirt and germs packing with the checklist below:

Dust down the entire living room, ceilings and the corners of your walls with polish and a duster. Don't forget your door handles and light switches.

Using your polish and duster again, dust your artwork (if you have any) and photographs. Never spray polish onto the frame as the liquid can leak through the glass. Instead use window and glass cleaner.

Dust electrical appliances such as TVs and stereos.

Take down your curtains and put them through the washing machine. If you have blinds, using a feather duster get in between each blind slat and get rid of any dust and dirt.

While you have your curtains off, vacuum and wipe down your window sills. Use disinfectant on your window sill and handles.

Disinfect your remote controls - wipe these down with a disposable, disinfectant wipe or use a piece of kitchen roll, lightly sprayed with general cleaner.

If your windows are looking a little grubby, give them a wash with water, a sponge, window cleaning solution and a microfibre cloth.

Clean your sofas and chairs. Using a vacuum cleaner attachment take off your cushions and get in between all the corners. If you come across any stains, use an upholstery cleaner and scrub them out.

Remove books, DVDs and anything from your shelves to remove all the dust and dirt hidden behind and between them. This, again, can be done with polish and a duster.

Clean carpets and rugs. If they are dirty then you might have to hire a professional cleaner but otherwise get yourself a carpet cleaner, a scrubbing brush and give them a good scrub yourself – in the same way you cleaned your sofas and chairs.

When you have finished your extensive spring clean, remember to keep on top of these tasks regularly to avoid having to work so hard on cleaning your home again.

Kitchen

What you will need:

Cleaning cloths <input type="checkbox"/>	Vacuum cleaner <input type="checkbox"/>	Bleach <input type="checkbox"/>	Disinfectant wipes/spray <input type="checkbox"/>	Broom <input type="checkbox"/>
Sponges <input type="checkbox"/>	Mop and bucket <input type="checkbox"/>	Kitchen spray /degreasers <input type="checkbox"/>	Oven cleaner <input type="checkbox"/>	All purpose cleaner <input type="checkbox"/>

Begin by clearing out all the clutter, just as you did in your living room.

Send all your dirt and germs packing with the checklist below:

Wash down your walls around the cooker for grease, grime and food spills. Use a cloth, soaked in hot water, and a kitchen spray/degreaser.

Apply oven cleaner to your oven, wait for the recommended time and then wipe away with warm water and a clean cloth. Keep windows open to avoid the smell from becoming overpowering and wear disposable gloves.

Pull out appliances and sweep behind them to remove all the dirt and dust that has piled up.

Clear your fridge and freezer appliance out and throw out expired food. Wipe down and clean the fridge and freezer. Take out the shelves and wash them in the sink with hot water and soap.

Wipe down all sides and cabinet handles with an all-purpose cleaner.

Wipe down the entire stove with a kitchen spray.

Clean out the kitchen cabinets, then apply disinfectant and wipe down each shelf.

Run the dishwasher once, when it is empty, then add dishwasher cleaner and run the cycle again. Wipe down the buttons and the front of the dishwasher with a cloth that has been soaked in warm water.

Wash down the sink and put drain cleaner down the drain to leave it smelling fresh and free of blockage.

Sweep and mop the floors with floor cleaner and a mop and bucket. Don't forget your skirting boards too.

Empty bins and replace bin liners.

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Bedrooms

What you will need:

Boxes or containers <input type="checkbox"/>	Carpet cleaner <input type="checkbox"/>	Polish <input type="checkbox"/>	Laundry products <input type="checkbox"/>	Glass cleaner <input type="checkbox"/>
Vacuum cleaner <input type="checkbox"/>	Dusters <input type="checkbox"/>	All purpose cleaner <input type="checkbox"/>	Air freshener and odour control neutralisers <input type="checkbox"/>	

Start by tidying the room and getting rid of all the clutter and items on the floor.

Send all your dirt and germs packing with the checklist below:

Dust the sides and get into all of the corners, using polish and a clean microfibre cloth. This includes pictures frames, ornaments, door frames, door handles, light switches, TVs and stereos.

Take off curtains and put them in the washing machine. Dust down any blinds and other window fittings.

Wash your bedding, blankets, mattress and pillows.

Vacuum and then turn over your mattress. Then, take a clean cloth that has been soaked in warm water and thoroughly wring this out before wiping down the mattress. Finish by spraying disinfectant lightly across the surface – avoid bleach-based disinfectant because they are too harsh on fabrics.

Dust down and clean all accent lamps and lampshades.

Using an all purpose cleaner wipe down your chest of drawers and nightstands.

Clean mirrors using window cleaner.

Clean the floors. Mop with floor cleaner if you have hard floors and vacuum.

Clear out under your bed and put everything in storage boxes or containers to keep everything neat and tidy.

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Bathroom

What you will need:

Bin liner <input type="checkbox"/>	Microfibre cloth <input type="checkbox"/>	Washroom cleaners <input type="checkbox"/>	Mop and bucket <input type="checkbox"/>	Dust pan and brush <input type="checkbox"/>
Bleach <input type="checkbox"/>	All purpose cloth <input type="checkbox"/>	Hot soapy water <input type="checkbox"/>	Glass Cleaner <input type="checkbox"/>	Rubber gloves <input type="checkbox"/>

Clear all your clutter, throw unwanted rubbish out and put all dirty clothes in the washing basket.

Send all your dirt and germs packing with the checklist below:

Take everything out of your cupboards and drawers, then clean shelves with a damp cloth.

With another clean but damp cloth wipe away any dust, grime and hair from the surrounding areas such as sink, bath, floor and toilet.

Remove your shower curtain or liner if you have one, replace it or wash it. If you have a glass shower screen, clean it with window and glass cleaner.

Remove all the soap scum in the shower with a washroom cleaner such as, disinfecting sanitary cleaner.

Using a hot and soapy cloth wipe the sinks, around the bath and then the toilet. Once you have done that, repeat with disinfectant and a clean cloth.

Clean all mirrors with glass cleaner.

Put bleach down the toilet, give it a good scrub with a toilet brush and then flush it.

Sweep the floor and then mop with floor cleaner.

Hang fresh towels and put the shower curtain back.

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