



Bedroom

Cleaning checklist

- ✓ Wash sheets and pillowcases weekly in water hotter than 55°C
- ✓ Open the curtains and windows regularly
- ✓ Air your bedding in the sunshine (except for on high pollen count days, after thunderstorms and on windy days)
- ✓ Leave wardrobe doors ajar to keep the air flowing through them



Product and service checklist

- ✓ Cover your mattress, quilt and pillows with mite-resistant cases, and wash these regularly (a full encasement will be better than a cover)
- ✓ Use bedding products treated with an anti-microbial product like Ultra-Fresh®, Sanitized® or HealthGuard®
- ✓ Moisture-absorbing crystals can help manage small areas of damp or enclosed spaces such as wardrobes
- ✓ Consider a dehumidifier which helps remove excess moisture from the air (particularly useful during winter)