

INTENSIVE Cleaning

When you first move into an apartment or home, **immediately** do an intensive cleaning using the wet cleaning method.

1. **Use a two bucket method** to clean
 - Fill one bucket with detergent and water for **cleaning**
 - Fill second bucket with water for **rinsing**
2. **Wear disposable gloves**
3. **Start at the top and work down**
CLEAN
 - Tops of window heads and door frames
 - Tops of window sashes
 - Sides of window trim and door frames
 - Interior and exterior window sills
 - Window troughs
 - Radiators
 - Baseboards
 - Floors
 - Vents/ Registers
 - Carpets
4. **When cloths get dirty**, throw them away
5. **After cleaning, rinse with clean water** and clean rag
6. **Change the rinse water** at least once per room
 - Discard dirty water in the toilet**
7. **After mopping the floor**, throw out mop head and replace with a new one
8. **Throw out all** cloths/rags, mop head, gloves into a **plastic garbage bag**

MAINTENANCE Cleaning

After you complete the INTENSIVE cleaning, do a **MAINTENANCE cleaning every one to two weeks.**

1. **Concentrate on where your child spends the most time**
2. Use the **wet cleaning method**
 - Avoid sweeping. Mop instead.
3. **Wear disposable gloves**
4. **Start at the top and work down**
CLEAN
 - Interior and exterior window sills
 - Window troughs
 - Radiators
 - Baseboards
 - Floors
 - Vacuum Carpets
5. **Change the water** at least once per room
 - Discard dirty water in the toilet**
6. **Throw out all** cloths/rags, gloves into a **plastic garbage bag**

If you are concerned about your child and lead poisoning, call or visit:

Maine Childhood Lead Poisoning Prevention Program (MCLPPP)

Phone: 1-866-292-3474 or 207-287-4311

Online: www.maine.gov/dhhs/eohp/lead