

Replace furnace filters regularly. Consider using a high-efficiency furnace filter.

Change your pillowcases and sheets. Wash your bedding in water that is at least 140°F at least once per week.

Declutter "dust collectors" from bedrooms, including stuffed toys, wall hangings, books, knickknacks, and artificial flowers.

Vacuum and dust frequently. Dust bookshelves and other surfaces that collect dust. Remove and clean rugs. Clean windows and blinds. Use an attachment to vacuum curtains or drapes. If they're washing machine-safe, throw them in for a cycle every few weeks.

If you have pets, give your dog or cat a bath, and wash upholstery and pet beds.

In the bathroom, wipe down your walls and floors with a microfiber cloth each time you shower.

Try to keep humidity levels below 50 percent. Use a dehumidifier if needed.

Change out your sponge and purge your cleaning supplies regularly.



