

9 Tips For Keeping Your Home Clean From Harmful Dust

You can find dust in any part of your home and it cannot only be annoying but it can also be detrimental to your health.

Dust is one of the most common causes of allergies and can lead to other diseases. This is why if there's dust in your home, you have to do something about it immediately. To start with, you can take these simple steps to remove and prevent harmful dust in your house.

Filtering the air

If you're using a central system for heating and cooling your house, you should always change its filters. This is to help control the levels of dust in the air. You can't get rid of dust completely because they will always come back but if you have a high-quality filter, it can reduce the accumulation of dust.

Even SWAT Teams Are Helpless Against This

WATCH VIDEO



Another effective way to filter air is to use [air movers](#). It is also a great device to clean your carpet and remove all the dust underneath it. You can choose from downdraft, centrifugal or low-profile air movers but whatever type you choose, the outcome will be satisfying.

Use air purifiers

Air purifiers are also great for cleaning the air in your

entire house. They aid in the removal of air pollutants and ensuring you are breathing clean air every day. If there's a smoker in your house, air purifiers can help prevent second-hand smokers from having respiratory diseases. They are also beneficial for people who are suffering from allergies and asthma. HEPA filters are the best filters you can use for your air purifier as they remove about 99.9% dust particles, according to a ConsumerSearch report. They also remove other impurities in the air such as spores, mold, pollen, dust mites and pet dander. Install air purifiers in all the rooms and other parts of your house to avoid air pollution and serious respiratory problems.

Keep tidy closets

Keeping your clothes and other stuff in the closet doesn't keep them away from dust and dirt. In fact, when you close your closet, the bits of fabrics and fiber from your clothing accumulate on the floor. This is why you have to keep all your closets clean as well as your floor. Instead of stacking your clothes, just hang them up neatly. Use disinfecting wipes to [kill bacteria](#) on any surface in the closet. Also, vacuum your floor regularly to lessen the volume of dust in your room; thus saving you from cleaning the floor every now and then.

Beat your cushions and rugs once a month

Your cushions and rugs can easily accumulate dust, just like your bedding and pillows. When you step on the rug or sit on the sofa, you are driving dust into the air. No matter how busy you are, take some time every month to beat your rugs and cushions. Take them outside and give them a good thump and get rid of as much dust as you can. You can use a broom handle to beat the rugs and cushions and don't stop until you removed a lot of accumulated dust.

[Get this lifesaving information about surviving when doctors, pharmacies and hospitals are shut down!](#)

Change bedding weekly

Getting rid of dust from your cushions and rugs is not enough to keep your bedroom clean. Because you sleep on it, your bedding should be clean all the time. If it is dusty, it will not make you comfortable and can even compromise your health. Who wants to sleep in a dusty, uncomfortable bed, anyway? This is why you need to change your bedding weekly, no matter how busy and tired you are every day. After all, changing your bedding takes only a few minutes of your time, so always take time to replace it regularly. Wash them every after use so you won't run out of bedding to use. You may want to buy more sets to make sure you'll have enough in case you forget to wash them.

THE ULTIMATE *Quick* CLEANING CHECKLIST

50 CLEANING TASKS TO DO

IN 5 MINUTES

KITCHEN

- Wipe down counters
- Clean kitchen sink
- Declutter one drawer
- Empty the fridge
- Declutter one cabinet
- Declutter one shelf in pantry
- Empty dishwasher
- Wipe down front of cabinets
- Sweep floor
- Empty trash
- Get rid of almost empty cleaning supplies
- Get rid of cups/glasses you don't use
- Mop floor

LIVING ROOM

- Declutter a shelf
- Pick up toys
- Vacuum the floors
- Toss magazines
- Go through books
- Dust furniture
- Wipe down walls
- Wipe down baseboards
- Wash windows
- Vacuum stairs

DOWNSTAIRS CLOSET

- Get rid of scarves you don't wear
- Donate old coats
- Toss old shoes that don't fit
- Wipe down closet doors

BEDROOM

- Go through closet and purge 10 items
- Get rid of old makeup
- Get rid of blow dryers you don't use
- Go through nightstand
- Get rid of old sheets/comforters
- Toss old pillows
- Make bed
- Dust room
- Wash windows
- Wash walls
- Clean baseboards
- Clean pictures
- Picture how you want the room to look
- Plan new paint colors
- Look at Pinterest to plan how you want the space to feel
- Vacuum
- Remove sheets/comforter to wash

BATHROOM

- Clean toilets
- Wipe down sinks
- Declutter under sinks
- Clean floors
- Clean tub/shower

Groom your pets regularly

Having pets is truly fun and rewarding but as an owner, you have to be responsible for your pets' cleanliness. The fur of your cats and dogs can add up to the amount of dust in your house and can also be a cause of allergies, especially in kids. If you want to maintain the cleanliness in your house while keeping your pets, groom them regularly. Give them a bath often, use [pet dryers](#)[4] and brush their fur. Stock up on grooming stuff for your pets such as pet soap and shampoo. You should also clean your pet's bedding frequently to keep them free from fur and dust which can be harmful to your family's health.

Ask everyone to use slippers inside (instead of shoes)

If you really want to maintain cleanliness in your home, you need to set certain rules such as banning shoes inside. Your guests may find this house rule rude so offer them slippers which they can use inside instead of shoes. This is to prevent dust and dirt from outside and keep your floors clean. Provide them with comfortable slippers they will love and ask all your family members to do the same. Place a rack in your front door or your hallway with all those comfy slippers and let everyone use them when roaming around the house.

Vacuum your home regularly

Cleaning can be a really daunting task, especially if you have a big house. Nonetheless, this should not be an excuse to clean your house often. To prevent the accumulation of dust in all parts of your home, vacuum it regularly. Vacuum your floor, your carpet and even your furniture to make sure they are completely clean and free of dust. Use a high-efficiency vacuum and focus on high-traffic areas. It is ideal to vacuum

your house twice a week and make sure to change the filters of your vacuum cleaner. If your vacuum is broken, the dust will only go back in the air, making the situation worse.

Use microfiber products for cleaning

A lot of people are used to dusting furniture and appliances with paper towels or rags. However, they are not really the best products to get rid of dust completely. If you haven't used microfiber cloths before, it will be nice to try them and see the benefits for yourself. Basically, microfiber cloths enhance cleaning power and allow deep cleaning. If you'll notice, the dirt and dust you collect from rugs tend to come back when you wipe the same object again. This is not the case with microfiber cloths. In fact, you'll be able to get as much dust as you can as it reaches into crevices and surface pores. Most microfiber products will be as good as new even after 3 years and are very easy to clean and maintain. They are also great absorbents and are perfect for cleaning glasses and mirrors.



CLICK HERE

to find out more on the first aid techniques that will save your life when the health system is down!