

This chart assumes the contents are not rotted, stained, or have visible mold growth but may have spores/fragments on the object that originated elsewhere.

CAUTION: If any of the objects in your home are causing a reaction, you need to dispose of them.

Clothing (clothing that is in drawers has a much lower risk of contamination)



Cleaning method

Wash with hot water with non-fragranced detergent or dry clean depending on fabric requirements. Multiple washes may be necessary.

Should I dispose of this item?

Only if water damaged, with visible mold growth, musty smells or if your reactions don't subside.

Soft, porous items

(linens, towels, curtains, stuffed animals)



Cleaning method

Wash with hot water with non-fragranced detergent. Multiple washes may be necessary.

Should I dispose of this item?

Only if water damaged, with visible mold growth, musty smells, or if your reactions don't subside.

Mattresses/ Upholstered furniture



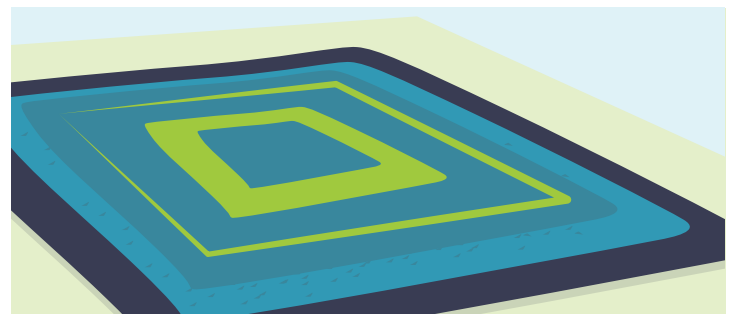
Cleaning method

Vacuum with HEPA vacuum or HEPA or allergy reducing bag; standard vacuums can put mold back into the air.

Should I dispose of this item?

Only if water damaged, with visible mold growth, musty smells or if your reactions don't subside.

Carpets and rugs



Cleaning method

Vacuum with HEPA vacuum or HEPA or allergy reducing bag; standard vacuums can put mold spores and fragments back into the air.

Should I dispose of this item?

Only if water damaged, with visible mold growth, musty smells or if your reactions don't subside.

Finished wood surfaces



Cleaning method

Clean thoroughly with microfiber cloth and/or HEPA vacuum.



Should I dispose of this item?

Typically not necessary unless there is visible water damage, rotted areas, or musty/off-odor.

Smooth, non-porous items (tile, glass, and metal)



Cleaning method

Wipe with a soft cloth and use non-fragranced detergent.



Should I dispose of this item?

Not typically necessary unless physically damaged.

Books and paper



Cleaning method

Dust with a microfiber cloth or vacuum with HEPA vacuum.



Should I dispose of this item?

Important documents can be placed in Ziplock bags and accessed only when necessary. Alternately, documents can be scanned/copied and then disposed.

Appliances and electronics



Cleaning method

Clean all accessible areas thoroughly using microfiber cloth or non-fragranced detergent. Replace filters if they can be replaced.



Should I dispose of this item?

Not typically necessary unless water damaged or if filters are dirty and cannot be replaced.

Is your home affecting your health?
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