

## **Don't Forget to Winterize (Winter Clean) Your Homes**

**by Cynthia W. Inman, President**

With winter on the horizon, we're all familiar with the expression "winterize your cars". And of course, being good stewards of our vehicles, we put them on a schedule to be serviced. This may include flushing the radiator, adding antifreeze, changing the oil and even tuning the engine. Well, I'd like to introduce you to winter cleaning your home as a major step toward preparing your home for the winter.

"Surely you jest" you say. While we all are more familiar with the reference "Spring Cleaning" as a means to recover from the harsh winter, we probably find the concept of preparing for winter by cleaning a bit novel. Allow me to explain.

Of course, we know all too well that germs and bacteria develop and grow on any surfaces. And while I'm not herewith proclaiming medical authority, I feel safe to say that germs and bacteria lead to colds, sore throats and thus sickness and time out. The point is that deep cleaning reduces the growth of germs and bacteria that has been allowed to develop since the major early spring cleaning.

There are some things that you may normally wait until the spring to do that I would recommend being done prior to winter. This would include not only the furnace and boiler cleaning, but also the duct & vent cleaning for those that have forced heating systems. For anyone not familiar with the procedure, go to your air circulation return in your home and spray a substantial amount of disinfectant into that return. You will find that when the furnace blows the warm air into the room, it will now have the pleasant smell of the disinfectant spray. Just as your duct system will carry this disinfectant; it will also carry germs and bacteria that have build up since the last cleaning.

So what else must you do to properly winterize your home? Basically, you must do a deep scrub clean. Every surface must be touched with a disinfectant solution that is effective, but yet safe for humans. Dust that has accumulated in the corners, edges and ceilings of each room must be dug out and eliminated. The refrigerator and oven must be completely torn apart and totally cleaned and sanitized. All the effects of ant travels throughout the house must be arrested. Basically, **it's not rocket science, its technique and thoroughness.**

The great part about winterizing (winter cleaning) the home, aside from the obvious aesthetics, is that you can expect to eliminate many of the germs that carry colds and sickness. We're all told to wash our hands regularly during cold season; well winter cleaning the home is like washing the house along with the hands. Therefore, it seems only reasonable to me that one could expect to reduce colds and sickness among the inhabitants of the home.

So, as you prepare to take the vehicles into the service station to be winterized, don't forget to add the house to the list. Well, a guess you can't really take the house to the service station to be winterized, however, you can certainly call the service in or do it yourself. Actually, just **Ask Cindy** and I will be happy to advise.

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