Indoor dust and household care: a practical planning guide

New original text from The Care Guide. This is an editorial guide, not a former company document or service offer.

Make the plan specific to your home

Divide your notes into floors, soft furnishings, bedding and equipment. Record the care label or instruction source for each item. Decide who will do a task and when it will be reviewed. A plan with four manageable tasks is easier to follow than an unexplained promise to clean everything.

Separate care from health treatment

This is a housekeeping guide. It does not diagnose an allergy or promise that cleaning will treat symptoms. Questions about symptoms, diagnosed conditions or individual exposure advice belong with a healthcare professional. Keep those questions separate from a contractor brief about cleaning a material.

Use equipment instructions

Health Canada recommends regular vacuuming and equipment with suitable HEPA filtration. Follow the instructions for your vacuum and its filter. Record the exact model and its maintenance requirements; do not assume that every device accepts the same filter or that every household needs the same replacement timetable.

Notice moisture alongside dust

Health Canada advises prompt attention to leaks and indoor moisture. A persistent damp patch needs its source addressed. Record its location and when it appears instead of hiding it under a new cover or treating it as an ordinary dry mark. Ask for assessment where the source is unclear.

Build a repeatable routine

For each item write its permitted care method, the task owner and a realistic review date. Keep products and equipment identifiable. If a routine is too difficult to maintain, revise the plan rather than adding tasks indefinitely. Discuss product sensitivity questions with the relevant professional and read product information.

Review what changed

At the next review, record completed tasks, unresolved maintenance and any item for which you still need instructions. A tidier surface or completed cleaning task does not prove a health outcome or measure airborne contaminants. Use observations to improve your plan, not to award the home a health score.

Source and edition note

Health Canada: improving indoor air quality
https://www.canada.ca/en/health-canada/services/air-quality/improve-indoor-air-quality-in-your-home.html

Current references checked 29 October 2026. Historical labels establish subject, not current validity. Read the applicable item and equipment instructions.