



### **DIY HOME MAINTENANCE CLEANSE**

Appropriate PPE gear is recommended and left to the discretion of the individual  
(Options include: Tyvek suit, goggles, N95 mask or greater)

This DIY home maintenance cleanse is used after successful remediation has been completed and can be used quarterly, every 6 months or yearly depending on one's level of hypersensitivity. It focuses on continual dust removal where the fine particulates/contaminates settle within your homes living space. It is not recommended for individuals who are impacted to perform the home cleanse themselves. Instead, we recommend that a house cleaning service, friends, family members or a remediator be recruited for help.

#### **----- PERFORM THE FOLLOWING 1 ROOM AT A TIME -----**

If using [Benefect MPC](#) please test an inconspicuous area prior to application. The Benefect MPC is unscented. It is safe to use on floors, walls, counter tops, windows, mirrors, metal surfaces, household contents, glass and delicate surfaces. It does not contain the thyme oil used in their other products. The surfactant in Benefect MPC helps to more effectively remove surface molds harboring in the dust. [See the mixing instructions on page 2](#). Alternatively, substitute any similar product of your choosing that contains a surfactant in order to more effectively remove the surface molds.

**>> Enter the room and work left to right within each section listed below.**

**>> Start with the ceiling, ceiling fans and light fixtures.**

On the ceiling use a [mop](#) with [adjustable extension handle](#) and [disposable microfiber mop pad](#).  
Choose either a wet wipe or dry wipe:

- Wet wipe the ceiling 1 time using Benefect MPC -OR- Dry wipe the ceiling 2 times.

Use a [disposable microfiber hand cloth](#) on ceiling fans and light fixtures.

- **Lightly** spray Benefect MPC 16-24" away from the surface.
- Wait approximately 30 sec. Do not allow product to air dry, only apply what you can wipe dry. (The dwell time allows the surfactant to more effectively remove dust/fine particulates when wiped).
- Wipe the surface once (in one direction) utilizing the [8-way fold and wipe method](#).

**>> Move down the walls, including window tracks and sills.**

On the walls use a microfiber mop and disposable microfiber mop pad. Choose either a wet wipe or dry wipe:

- Wet wipe the walls 1 time using Benefect MPC -OR- Dry wipe the walls 2 times.

Use a disposable microfiber hand cloth and a spray bottle on the windows and sills.

- **Lightly** spray Benefect MPC 16-24" away from the surface.
- Wait approximately 30 sec. Do not allow product to air dry, only apply what you can wipe dry. (The dwell time allows the surfactant to more effectively remove dust/fine particulates when wiped).
- Wipe the surface once (in one direction) utilizing the 8-way fold and wipe method.
- Wrap the microfiber cloth around a tool like a screwdrivers/putty knife to get into intricacies or hard-to-reach areas.



>> **Clean the trim, moldings and doors ~ they tend to be heavily soiled & need extra attention.**

Use a disposable microfiber hand cloth and a spray bottle.

- **Lightly** spray Benefect MPC 16-24" away from the surface.
- Wait approximately 30 sec. Do not allow product to air dry, only apply what you can wipe dry. (The dwell time allows the surfactant to more effectively remove dust/fine particulates when wiped).
- Wipe the surface once (in one direction) utilizing the 8-way fold and wipe method.
- Wrap the microfiber cloth around a tool like a screwdrivers/putty knife to get into intricacies or hard-to-reach areas.

>> **Then on top, around and under appliances.**

Use a disposable microfiber hand cloth and a spray bottle.

- **Lightly** spray Benefect MPC 16-24" away from the surface.
- Wait approximately 30 sec. Do not allow product to air dry, only apply what you can wipe dry. (The dwell time allows the surfactant to more effectively remove dust/fine particulates when wiped).
- Wipe all surfaces once (in one direction) utilizing the 8-way fold and wipe method.

Optional steps for your consideration:

- Pull out your appliances on a yearly basis. You may require the help of a qualified professional in order to prevent damage to the appliance, electrical and/or gas lines.
- This will allow cleaning under and behind hard-to-reach areas where your appliances live; where dust/fine particulates accumulate.
- This will also allow the visibility necessary to carefully inspect the floor and walls for any potential hidden sources of water damage to prevent bigger issues down the road.

>> **Then on the top of and inside of cabinets.**

Use a disposable microfiber hand cloth and a spray bottle.

- HEPA vacuum any hard-to-reach areas utilizing crack and crevice tools as necessary.
- NOTE: Wait 15 min for the particulates to settle before moving on to the next step.
- **Lightly** spray Benefect MPC 16-24" away from the surface.
- Wait approximately 30 sec. Do not allow product to air dry, only apply what you can wipe dry. (The dwell time allows the surfactant to more effectively remove dust/fine particulates when wiped).
- Wipe all surfaces once (in one direction) utilizing the 8-way fold and wipe method.

Optional steps to consider:

- Install [WeatherTech](#) waterproof sink mats under all cabinets that have plumbing.
- On the same day of cleanse OR 1 day prior: Remove and wet wipe hard items and dry wipe soft items with a microfiber hand cloth. Then place cleaned items into new boxes/garbage bags.
- Thoroughly inspect cabinet for any signs of water damage.
- Wipe inside the cabinets using Benefect MPC per the instructions outlined above.
- Put cleaned items back into the clean cabinet.



>> **Then all furniture.**

HEPA vacuum all soft furniture [Store #1](#) or [Store #2](#).

- Use crack and crevice tools as necessary.
- NOTE: Wait 15 min for the particulates to settle before moving on to the next step.

On hard surfaces **Lightly** spray Benefect MPC 16-24" away from the surface.

- Wait approximately 30 sec. Do not allow product to air dry, only apply what you can wipe dry. (The dwell time allows the surfactant to more effectively remove dust/fine particulates when wiped).
- Wipe all surfaces once (in one direction) utilizing the 8-way fold and wipe method.

>> **Finishing with all flooring surfaces.**

HEPA vacuum all flooring surfaces.

- Remove the HEPA vacuum from the room once complete into the next room you will be working on.
- NOTE: Wait 15 min for the particulates to settle before moving on to the next step.

Use a mop with an adjustable extension handle, disposable microfiber mop pad and a spray bottle.

- **Lightly** spray Unscented Benefect MPC 16-24" away from the surface.
- Wait approximately 30 sec. Do not allow product to air dry, only apply what you can wipe dry. (The dwell time allows the surfactant to more effectively remove dust/fine particulates when wiped).
- Mop the surface once or twice as needed. Use a new microfiber pad as often as necessary.

----- **About the NILFISK GD930 Canister HEPA 4 Gallon Dry Vacuum** -----

**Uses a multi-stage filtration system featuring:**

1. A paper bag, foam filter, and an upstream HEPA filter ensuring you are not recirculating particles back into the air.
2. The HEPA Vacuum runs quietly, has large wheels with a convenient carrying handle making it exceptionally easy to use and maneuver. Quick and simple access to internal parts for easy servicing.
3. The Vacuum is designed with intake filtration. The HEPA filter is located on the intake side of the motor to provide a positive seal (filter drawn toward the motor) with a gasket vacuum to that the air drawn into the machine is expelled through the HEPA filter.
4. The vacuum has a four-gallon capacity for even the biggest of cleaning jobs. The vacuum is light weight and requires minimal storage space.
5. The vacuum is 100% HEPA rated and DOP tested.

**NOTE:** Alternatively, you could use a different HEPPA vacuum similar to the NILFISK GD930. [TTS Products](#) sells the NILFISK GD930 and they would be a good resource to ask about other recommendations that are similar to the NILFISK GD930 Canister HEPA 4 Gallon Dry Vacuum w/tools.



----- **ADDITIONAL PREVENTATIVE MAINTENANCE TO CONSIDER** -----

It is important to consider these additional steps which can proactively prevent your home from falling back into an unhealthy condition after remediation has been completed.

- 1. Clean the HVAC air ducts using a [NADCA Certified contractor](#):**
  - On their website in the very top right corner click “Find a Professional”.
  - After the ducts are cleaned seal all registers to prevent cross contamination during the home cleanse.
    - Cut a 6 ml plastic sheeting the size of the register and seal it with painter’s tape.
    - Remove the plastic sheeting after the home cleanse is complete.
  - Best time to clean your ducts would be 1-2 days before the home cleanse.
  
- 2. Hire a HVAC AHU professional perform a maintenance check:**
  - Are the coils clean, condensation lines free of blockages, is the unit free of debris and is the system functioning as it should.
  - Change HVAC filters regularly per the manufacturer’s recommendations.
  
- 3. Once or twice per year inspect your roof or hire a roofing company to:**
  - Check the integrity of the roof on the outside.
  - Inspect the attic insulation, check for leaks, humidity, unusual debris, pests, rodents.
  - Clean your gutters at least 1 per year to ensure they are free of blockages to prevent water damage.
  
- 4. If you have a crawlspace and/or basement:**
  - Check for leaks, integrity of the insulation, humidity issues, unusual debris, pests and rodents (rodents introduce bacterial issues into the homes living space).
  
- 5. Hire a plumber to:**
  - Snake all exterior French drains on your property to prevent blockages and adverse water events from negatively impacting your home.
  
- 6. Composting:**
  - Both indoors and outdoors is a very common source of fungal and bacterial contamination that infiltrates a home’s living space. It is NOT recommended to compost indoors and to keep ALL outdoor composting as far away from the home as possible and to keep it away from all windows and doors.