4 STEPS TO CLEAN YOUR MATTRESS TO PREVENT MOLD



Clean and turn your mattress over once a week.

Try to do this on the same day that you do your laundry.



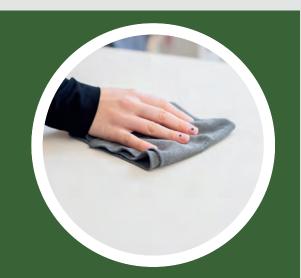
Remove the bedding from your mattress.

Remove all sheets, pillows, and blankets from your mattress.



Wash the mattress and the bed frame.

Use a clean cloth dipped in a small amount of warm and soapy water to wipe down the mattress and the metal bed frame.



Dry the mattress and the bed frame.

Wipe down the mattress and bed frame with a dry towel and lean the mattress against a wall to let it dry completely.

Make sure the metal bed frame is dry before you put the mattress back on.



Tips:

- Don't soak the mattress or frame (too much moisture can lead to mold).
- Don't use bleach or cleaning chemicals on the mattress.
- Don't spray cleaning chemicals directly on the mattress.
- Don't spray the mattress with a hose or submerge it in any liquids.