

4 STEPS TO CLEAN YOUR MATTRESS TO PREVENT MOLD



1

Clean and turn your mattress over once a week.

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



2

Remove the bedding from your mattress.

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



3

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.



4

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.