



Tip Sheet

Multiple Chemical Sensitivity (MCS)



Seasonal Cleaning Schedule Tenant - Rental

Empowering Community and Removal of Barriers (ECRoB)

In terms of optimizing indoor air quality on a seasonal schedule, here are some general seasonal tips for cleaning for tenants:

Winter:

- Test for radon, a naturally occurring gas that can be harmful at high levels. Contact your landlord if you suspect radon in your rental unit.

Spring:

- Open windows whenever possible to allow fresh air to circulate and reduce indoor pollutants.
- Engage in spring cleaning to eliminate clutter and dust that may have accumulated over the winter months.

Summer:

- Use a dehumidifier if your rental unit becomes excessively humid, as high humidity can promote the growth of mold and mildew.
- Clean or replace air conditioning filters regularly to avoid mold, maintain optimal airflow, and remove dust and allergens.
- Consider deep cleaning carpets and rugs to remove accumulated dirt and allergens.

Fall:

- Inspect doors and windows for proper seals to prevent drafts and maintain energy efficiency.

Resources:

ecolivingguide.ca

[Indoor Air Quality - Lung Health Foundation](#)