



## Keeping Germs at Bay: The Fall & Winter Clean That Protects Your Family's Health



Lisa Ciao, Owner Maid For You

### How Maid For You Tackles It

This is why every Maid For You deep clean and routine maintenance clean includes **disinfecting common touch points** throughout your home. Door handles, remotes, light switches, refrigerator handles, and faucet levers all get the attention they need to help stop **germs in their tracks**. Owner Lisa Ciao's favorite product for the job? Melaleuca's Sol-U-Guard Botanicals. It's EPA approved, kills 99.9% of **germs**, and uses natural sanitizers like thyme and citric acid—powerful enough to protect your family, yet gentle enough to trust in your home.

### Smart Cleaning Habits for Busy Households

You don't need to turn your house into a sterile laboratory. A few smart **cleaning habits**, focused on the right areas, can **reduce the spread of germs** dramatically.

- Create a rotation for touch points. Aim to disinfect high-touch areas at least a few times a week, more often during flu season or when someone's under the weather.
- Think beyond the obvious. Don't forget cell phones, backpacks, lunch boxes, reusable water bottles, tablets, game controllers, refrigerator handles, and even the steering wheel of the family car.
- Use the right products. Disinfecting wipes or sprays that kill 99.9% of germs are effective and easy to keep on hand. Just make sure surfaces stay visibly wet for the contact time recommended on the label.
- Teach kids awareness. Even younger children can learn to wash hands before reaching for snacks, turning knobs, or grabbing the remote.

Life in Bucks County moves fast. Between juggling careers, carpools, and a never-ending to-do list, the last thing most busy professionals and busy parents want is to lose precious time to a sick day.

And fall and winter? That's when **germs** seem to multiply. Kids come home from school with backpacks, lunch boxes, water bottles, and sports gear—each one a potential carrier for **bacteria and viruses**. With shared classroom supplies, playground equipment, and playdates, it's no surprise that cold and flu season often feels endless.

### Why High-Touch Surfaces Are Germ Magnets

We wipe counters. We vacuum floors. But the spots we touch most often? They're usually the ones we forget. High-touch surfaces act like public handshakes in your own home. Every time a family member—or guest—presses a remote button, grabs the fridge handle, or flips a light switch, they **leave behind germs that can easily spread**.

The TV remote is a perfect example. It's passed from person to person, handled during snack time, sometimes dropped on the floor, and rarely cleaned. Studies show that viruses like the common cold and flu can live on hard surfaces for hours or even days. That means one sneeze on a hand, followed by a click of the remote, can spark a chain reaction that keeps **germs circulating** through your household.

Want an easy checklist? Scan the QR code to download our **free High-Touch Surface Cleaning Guide**. It's a quick-reference tool you can stick on the fridge for the whole family to see.

### When to Hire the Pros

Of course, carving out time to keep up with these routines can feel nearly impossible when your schedule is already stretched thin. That's where **professional cleaning** can be a game changer. Maid For You's team disinfects those high-touch areas every visit, giving you peace of mind that it's covered. And when the season shifts to fall and winter, we recommend a few smart upgrades:

- Professional air duct **cleaning** to reduce allergens and dust that circulate through heating systems.
- Replacing HVAC filters to improve air quality and reduce strain on your system.
- Deep **cleaning** carpets and upholstery to remove hidden allergens and bacteria before everyone is stuck indoors.

For many families, it's not just about a clean look. It's about **health, peace of mind**, and reclaiming the breathing room to enjoy life without always playing catch-up.

### Bucks and Montgomery County Families Deserve Breathing Room

At Maid For You, we've seen firsthand the relief clients feel when they walk into a **clean, fresh home** after a long day. It's not only about a tidy living room—it's about lowering stress, protecting your family from unnecessary sick days, and giving you the gift of time.

Whether you need a one-time **deep clean** to reset your home or regular visits to stay on top of busy family life, our team is here to make sure you get the balance you deserve.

Right now, every new customer who signs up for recurring service has the chance to **win back their money**. One lucky winner *each month* will **receive up to \$500 in cleaning credits annually**—applied monthly over 12 months.

Here's how to enter: follow Maid For You on Facebook (@maidforyouinc) & Instagram (@themaidtheforyou), like & share one post each month, and refer at least one friend, family member, or neighbor who books a cleaning and/or buys a gift card.

Complete these three steps and you're officially in! **Everyone who participates wins \$50 in cleaning credits** toward their next cleaning.

\$500+ value annually (per person). Limited to 12 winners total, so don't wait to enter!

### Ready to take cleaning off your plate and keep your family healthier?

Contact Maid For You today.

Phone: 215-370-7993

Email:

info@themaidtheforyou.com

Website:

www.themaidtheforyou.com

And be sure to

**scan the QR code** to grab your *High-Touch Surface Cleaning Guide*

DELEGATE WHERE IT COUNTS SO YOU CAN

## Be the Woman of Influence in Your Own Home

WITH MAID FOR YOU

*Influence Special:*

**Bonus with every package:** Fall aromatherapy upgrade, handcrafted USA pottery, logo mug with fall coffee, Bake Ability gift card and Holiday Survival Cleaning Guide E-book

*Plus get entered to win a fall VIP spa gift basket!*

✓ Four 4-hour wish list cleans — \$1150 when you pre-pay in full (reg. \$1350) or 4 easy payments of \$337.50

✓ One-time specialty clean — now \$349 (reg. \$475)



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