

Ultimate Guide to Maintain Bathroom Hygiene and Reduce Infections



ABSTRACT

Maintaining bathroom hygiene is crucial for ensuring a healthy living environment and minimizing the risk of infections. This guide explores effective strategies for keeping bathrooms clean, including regular cleaning routines, proper sanitization techniques, and the importance of using safe and effective cleaning agents. It also highlights common sources of contamination and how to address them proactively. By adopting these practices, individuals can create a hygienic space that safeguards health and well-being.

INTRODUCTION

The bathroom is one of the most frequently used areas in any home, yet it is also a hotspot for bacteria, fungi, and viruses. Poor hygiene practices in this space can lead to the spread of infections and illnesses. This guide is designed to provide practical advice and actionable steps to maintain a clean and hygienic bathroom. It addresses common concerns, such as mold, bacteria, and improper waste disposal, and underscores the significance of regular cleaning and proper maintenance.

I. The Ultimate Bathroom Cleaning Checklist

Bathrooms need plenty of attention to keep them clean. Since the bathroom serves as the catch-all for cleaning our bodies and holding our soiled clothes in a warm, damp environment, it is the perfect environment for bacteria and fungi to thrive unless it's cleaned correctly and regularly. Use this checklist to keep the bathroom consistently sparkling clean and smelling fresh.



What You Need

Supplies

- Toilet bowl cleaner
- Glass cleaner
- All-purpose bathroom cleaner
- Distilled white vinegar
- Baking soda
- Disinfecting wipes
- Trash bags

Tools

- Toilet brush
- Spray bottle
- Squeegee
- Sponges, microfiber cloths, or paper towels
- Scrubbing brush
- Broom and dustpan or vacuum

- Mop
- Bucket
- Towels
- Stepladder (optional)

Daily Cleaning

1. Wipe Down Fixtures

Use a disinfectant wipe or sponge to wipe the counters, faucets, and sinks after each use to remove splatters and spills. Always use a second, fresh wipe to clean any drips on toilet seats or floors.

2. Dry Shower Walls and Doors

After each shower use a squeegee or towel to wipe down the walls of the shower stall and doors or the tub to help prevent soap scum build-up and water spotting. Close the shower curtain so it will dry more quickly.

3. Hang Damp Towels and Bathmats

Hang damp towels and bathmats so they will dry as quickly as possible to prevent mildew growth.

Tip

Change hand towels daily since they are shared and become dirty quickly. This is especially important if someone in the household has a cold or virus.

Weekly Cleaning

To make the best use of your time, start at the top of the room and work your way down. Save the bathroom floor for last so you can capture any drips or messes made while cleaning.

Tip

Read the directions on all bathroom cleaning products. You'll have better results if you give the products time to work. Apply them and wait at least five minutes so they can begin to break apart the dirt making it easier to wipe away. More patience means less scrubbing.



1. Wash Towels and Bathmats

Gather and wash all towels, washcloths, hand towels, and bath mats. If you have small throw rugs, take them outside to shake out hair and dust. Check the care label, but most are washable. Allow the rugs to air-dry to prevent damage to the rubber backing.

2. Clean and Disinfect the Toilet

Add a commercial toilet bowl cleaner to the bowl. Give it a quick swish and then close the lid to allow the cleaner time to work. Wipe down the exterior of the fixtures with a disinfectant wipe or with a sponge and multi-purpose bathroom cleaner.

Tackle hard water stains weekly for the easiest removal.

Finish by scrubbing the interior of the bowl—don't forget to clean under the rim—and then flush.

3. Clean the Shower or Tub

Whether you have a ceramic tile, fiberglass, or stone shower stall, it should be thoroughly cleaned weekly to remove soap scum and any mildew problems on surfaces. The same products that clean the shower can be used on a tub.

Remove hair from drains and address any clogs before they become worse.

If you have a shower curtain, use a damp cloth to wipe down the shower rod and curtain rings to remove dust and soap scum residue.

4. Clean the Sink and Counter

Remove everything from the top of the sink and counter. Use an all-purpose bathroom cleaner or a mixture of baking soda and a few drops of vinegar in a spray bottle to remove dried-on cosmetics, toothpaste, and grime from every surface.

Rinse well with plain water and dry with a soft cloth to prevent water spots. Pour 1 cup of baking soda down the drain immediately followed by a 1/2 cup of distilled white vinegar to help loosen residual clogs and sludge.

Tip

To make cleaning easy, place toothbrush and soap holders on the top rack of the dishwasher.

5. Wipe Down Light Switches, Cabinet Handles, and Door Handles

Clean light switches, hardware, and handles well with a disinfecting wipe or cleaner. Light switches and the wall around them get lots of smudges and grime. Cabinet hardware and door handles can be breeding grounds for germs and bacteria.



6. Clean Mirrors

Clean mirrors with a commercial glass cleaner or spray on some distilled white vinegar. Shine with a microfiber cloth to prevent streaks and dust residue. Don't forget small hand and shaving mirrors.

7. Empty the Trash Can

Empty the trash can. If you use trash bags, keep several extras in the trash can for easy replacement.

8. Clean the Bathroom Floor

Sweep or vacuum the bathroom floor to remove hair, dirt, and dust after everything else is done. Clean the floor as recommended for ceramic, stone, and vinyl tile, or laminate flooring.

Monthly Cleaning

Depending on how much use your bathroom gets, do these tasks monthly or seasonally. Take a bit of time to check these items and do a bit of deep cleaning.

1. Dust Door Jambs, Window Ledges, and Baseboards

Look up and down at spots that can catch dust. Grooming products like hairspray can cause surfaces to become sticky and attract more dust than in other rooms.

2. Clean Ventilation Fan Cover and Light Fixtures

Using a sturdy step ladder, use a screwdriver to remove the vent cover, if possible. Fill the sink with hot water and a bit of dishwashing liquid. Add the vent cover and allow it to soak for 10 minutes. Wipe away grime with a soft cloth or scrub brush. Dry completely and reassemble.

If the vent cannot be removed, use the upholstery brush attachment of your vacuum or a microfiber duster to remove dust.

Check light fixtures for dust, dead insects, and burned-out bulbs. Clean as needed.

3. Clean Out Drawers, Vanity Cabinets, and Medicine Storage

Go through beauty, cleaning, and first aid supplies and toss any expired products. Dispose of unused medications properly. Clean makeup brushes and beauty tools well to kill bacteria.

This is a good time to sort towels and other linens and make a list of what needs to be replaced.

4. Clean a Clogged Showerhead

If your showerhead is sputtering and the water flow is weak, it should be cleaned. With just some distilled white vinegar, the mineral deposits and soap scum can be easily removed.

5. Clean the Trash Can

If you don't use trash can liners, the bottom of the trash can be a petri dish. Use hot water, a multi-purpose cleaner, and a scrub brush to give it a good cleaning.

6. Wash the Shower Curtain and Clean Window Treatments

If you use a shower curtain, it and the plastic liner should be washed monthly. Clean curtains, shades, or blinds to remove dust and any stains.

7. Do a Quick Inspection

Take time to look under the sink and around fixtures to catch any small leaks or drips. This will save you money and heartache later.

Check each area (use a flashlight, if needed) for any mold and mildew growth and eradicate it immediately.

II. 8 Simple Steps to a Sparkling-Clean Shower

An easy-to-follow guide to make your shower shine.

The shower is your space to wash away the dirt and grime of the day. But is it as clean as you are? If you're not on top of routine cleaning, hard water spots, limescale, soap scum, and even mildew can take over your space. It's not our favorite task either, but there's good news: it's not hard or complicated. With these easy-to-follow steps, and some of our favorite shower cleaning hacks, your shower space can be as relaxing as you deserve it to feel.



Best shower Cleaning Equipment

Not all showers are created equal, but no matter what you're working with, you likely don't need a closet full of expensive equipment to make it shine. Before running to the store, take stock of what kind of shower you're looking to clean. Here's what you'll need, divided by shower type.

Cleaning supplies for ceramic tile shower

- sponge or non-scratch scrubber
- soft-bristled brush or a (clean) old toothbrush
- rubber gloves
- cleaning rag
- squeegee
- grout cleaning solution: 1 part bleach, 2 parts water in a spray bottle
- cleaning solution (we prefer: 9 Elements vinegar-powered cleaner)

Cleaning supplies for fiberglass shower

- sponge or non-scratch scrubber
- cleaning rag
- squeegee
- cleaning solution: 9 Elements vinegar-powered bathroom cleaner

Cleaning supplies for stone shower

- microfiber cleaning cloths
- squeegee
- cleaning solution: 1 tablespoon gentle dish soap like Dawn in 1 quart warm water in a spray bottle

The best way to clean a shower

No matter what type of shower you have in your home, the steps for cleaning are generally the same. We will start with ceramic tile and fiberglass showers, before moving into specialty showers like natural stone.

How to clean ceramic tile showers

Step 1: Get the junk out

We know, cleaning the shower isn't the most thrilling activity, so you're wanting to get it finished as quickly as possible. You'll be tempted to skip this step, but you shouldn't. Removing the army of soap, shampoo bottles, and body scrubbers that have invaded your space is important. Get them out of the shower so you have an empty space to clean. This ensures no dirt or scum stays hidden out of sight.



Step 2: Heat it up

Let the shower run, on high, for 2-3 minutes. The steam will help to loosen the dirt and grime on the walls, and the water will begin washing away any particulates that have gathered on the floor. Yes, you still have to scrub... but not yet. If you have a detachable shower head, use it to wet down all the walls before cleaning.

Step 3: Bottle wipe down

While the shower heats up, take a moment to wipe down your shampoo and body wash bottles. Living inside your shower, they get just as much scum build-up as the walls and floor. At this point, likely all you need is your cleaning rag, a little hot water from the sink, and some elbow grease. You don't eat candy after you brush your teeth... so don't put dirty bottles back into your newly cleaned shower.

Step 4: Mildew eye-spy

Turn the running shower off, and examine your space for the presence of mildew, beginning with the grout between tiles. This porous material, especially if it wasn't sealed, can be a problem area. Finish by checking the corners of the shower, and

don't forget to look up, as well as down. Anywhere you find mildew, spray it with a generous helping of your grout cleaning solution (1 part bleach, 2 parts water) and let it soak for 10 minutes.

Hint: when you use bleach, turn on the fan or open a window... and never mix bleach with other cleaning solutions, especially ammonia.

Step 5: Brush it clean

After allowing the bleach to do its work, clean your grout lines with a soft-bristled brush (or toothbrush), removing the mildew. Rinse the areas with hot water.

When working with bleach, it's best to keep it off your hands by using rubber gloves.

Step 6: Spray it down

Now that the grout lines are clean, it's time for everything else. Apply a generous coating of cleaner to the tiles, walls, and floor. It's time to wait... again. Let the cleaner sit for about 10 minutes. This gives it time to cut through the dirt and grime—meaning a cleaner shower, with less scrubbing.

For cleaners, we prefer 9 Elements Bathroom Cleaner for removing soap scum, hard water stains, limescale, and the crud that builds up in the shower. It's powered by vinegar, with no harsh chemicals, and comes with the EPA Safer Choice Label.

Step 7: Scrubba dub-dub

After giving the cleaner time to work, scrub the walls down with a sponge or non-scratch scrubber. (Never use hard bristles or metal scrubbers, as these can scratch the tile.) Start at the top, and work your way down, keeping an eye out for any spaces that need special attention. Once the space has been wiped down, use the showerhead to rinse the area (from top to bottom) with hot water.

Step 8: Squeegee dry

Use a squeegee to wipe dry all wet areas, preventing water spots from forming.

How to clean fiberglass showers

Fiberglass showers are quick and easy to clean. Begin with steps 1-3 above, ensuring your shower is empty, wetted down, and the bottles are clean. When you've done that, move on to the quick steps below.

Step 1: Spray down

Coat the walls and floor of your shower with your preferred cleaning solution, giving it 5-10 minutes to work. Beginning at the top and working downward, wipe the walls and floor with a sponge or non-scratch scrubber. If your shower has built in ledges or shelving, focus on these areas, as scum can build up along the edges.

Again, we reach for 9 Elements Bathroom Cleaner for this step. Because it's a vinegar-based cleaner, it's tough enough for soap scum, hard water stains, and limescale, but gentle enough to be used around the family and pets.

Step 2: Squeegee dry

Starting at the top, dry each wall with a squeegee. This will ensure no water spots form as your clean shower dries.

How to clean specialty showers

How to clean stone showers

Marble, granite and limestone make for a beautiful shower scape, but stone surfaces require a different (and specialized) cleaning method. Again, not too complicated.

Note: Never use vinegar or harsh chemicals on stone surfaces as they can do permanent damage to the stone's surface.

Step 1: Clean and wipe

As in the steps above, empty your shower of all loose items—shampoo and soap bottles, razors, etc. Take a second to wipe down all these surfaces with some warm water and a cleaning rag.

Step 2: Spray down

Give your shower a generous coating with a gentle cleaner. You can find stone cleaners commercially, but we love a good homemade solution of one tablespoon Dawn dissolved in one quart of warm water. Identify any problem areas and give them some extra attention, wiping down everything with a microfiber cloth. When finished, rinse all surfaces with warm water.

Step 3: If there's mildew

Do a quick spot-check for mildew. If you see any growing, treat it with a mixture of one part bleach, one part water. Spray the trouble area and let it sit for 15 minutes, then scrub clean with a soft bristled brush or old toothbrush. Rinse bleach away with hot water.

Step 4: Squeegee time

Give all surfaces a once-over with a soft squeegee, ensuring no water spots appear in your completed (and beautifully clean) shower.

Step 5: Seal it up

About twice a year (or following your installer's guidelines), natural stone requires an added barrier of sealant to maintain its beautiful appearance. Keeping water and

bacteria from penetrating the stone, these sealants can be obtained from your installer or at home improvement stores. Be sure not to apply seal until the stone is completely dry, following the directions on the sealant's packaging.

How often should I clean the shower?

Now that you know the most effective way to get your shower clean, how often do you actually have to do it? The answer to that question is based on how frequently your shower gets used and your personal preferences. We've found a shower deep clean, using the steps outlined above, should be done at least once weekly, especially when used by more than one member of the household.

That being said, a few helpful hacks, outlined below, can make your weekly shower cleaning quicker (and buy you some extra days between cleanings. Shhhh, we won't tell.).

Daily shower maintenance tips

- After each shower, use a squeegee or bath towel to do a 30-second wipe down. Drying the shower will significantly slow down mildews, water stains, and the buildup of grime.
- After each use, check the drain and remove any hair that may have gotten caught. Trust us, you don't want to put this off. If you're experiencing stinky shower drains, try these easy fixes before calling in the pros.
- Shower pressure not what it used to be? It's a good idea to periodically clean your showerhead. This will prevent hard water build-up from robbing you of the shower you deserve after a long day.
- Don't forget the shower curtain and liners—whether they're vinyl, plastic, or fabric, they get just as much use as the shower itself. Every other month or so (for a total of 4-5 times a year) they should be cleaned to keep your shower in tip-top shape.

Showers are meant to be one of the most relaxing parts of your day. With a little routine time and attention, your sparkling-clean shower can be a place where you actually want to spend time.

III. How to Easily Remove Hard Water Stains

Nix the cloudy white spots on shower doors and more with these cleaning tips. Plus, find out how to prevent them.



We've been independently researching and testing products for over 120 years. If you buy through our links, we may earn a commission. Learn more about our review process.

If your shower doors, bathtub and drinking glasses remain dappled with white or cloudy-looking spots despite maniacal scrubbing, chances are you have hard water stains. These mineral deposits not only leave behind unsightly residue but they can also slow and eventually **clog drains**. Knowing how to remove hard water stains quickly and easily can cut down on the elbow grease required to remove those chalky marks and help prevent build-up to keep your showers and faucets flowing freely.

This content is imported from poll. You may be able to find the same content in another format, or you may be able to find more information, at their web site.

What is hard water and why does it leave stains?

When water contains high levels of minerals such as magnesium, calcium and iron, it's considered "hard." The unsightly stains are caused when droplets of hard water dry and leave behind deposits of those minerals. Usually, these stains are chalky white but can also be brown or rust-colored depending on which minerals are in the water.

The best ways to remove hard water stains

There are various methods and cleaning products that you can use to easily remove hard water stains and buildup. Depending on the surface, you can use vinegar, a

combination of baking soda and vinegar or cleaning products specifically designed to eliminate hard water stains.

How to remove hard water stains from glass shower doors and tiled shower walls

To clean your shower walls (and bathtub), grab a spray bottle and **mix equal parts of water and vinegar**. Spritz the solution onto affected surfaces, let sit for at least 15 minutes, then wipe clean.

For **glass shower doors**, follow these steps:

1. **Combine ingredients:** Add equal parts distilled white vinegar and water in a spray bottle.
2. **Add dishwashing liquid:** Pour 1 teaspoon of dishwashing liquid into the spray bottle.
3. **Let sit:** Spritz solution onto shower door and let sit for 15 minutes.
4. **Wipe clean:** After 15 minutes, use a microfiber cloth to wipe clean. For heavy build-up scrub with a delicate scrubber or eraser-type sponge like **Mr. Clean Magic Eraser**.
5. **Dry:** Rinse and buff dry.

For stubborn spots on shower glass doors and tile, **CLR Brilliant Bath Cleaner**, a top-tested product that won a **previous Good Housekeeping Cleaning Award**, can also work wonders. It's specifically formulated to dissolve the mineral deposits that cause hard water stains.

IV. How to Clean Glass Shower Doors



How to remove hard water stains from showerheads

If your shower stream doesn't feel as strong anymore, it could be a sign of the minerals in hard water jamming your shower head and nozzle. To **clean your shower head, dip a toothbrush in white vinegar and scrub** the water jets, then wipe it clean and turn on the jets to blast out the clogging minerals. (While you can soak the showerhead in vinegar, be wary that doing this could damage some finishes.)

How to remove hard water stains from sinks

Make your chrome sink fixtures shine again by using a solution of 50/50 water and vinegar.

Advertisement - Continue Reading Below

1. **Wrap the fixture:** Dip a cloth into the mixture, wrap it around the stained item and leave it for up to 10 minutes.
2. **Scrub and rinse:** After letting it sit, give it a scrub, then rinse and buff dry. Repeat if needed.
3. **Soak the aerator:** If your sink has an aerator (a removable screen), unscrew it, soak it in vinegar and scrub with a toothbrush to remove the mineral build-up.

How to remove hard water stains from the toilet

The easiest way to get rid of yucky residue is to **use a toilet cleaner made specifically for hard water stain removal**, like **Scrubbing Bubbles Power Stain Destroyer**. Simply apply the product around the inside of the toilet bowl, let it sit for 15 minutes and scrub your way to a sparkling bowl. In our Cleaning Lab tests, we found this product easy to use thanks to the curved-neck bottle. For tough hard water buildup, a second application may be necessary.

Toilet Cleaning Stone Method

Sometimes, despite your best efforts, hard water deposits still settle inside a toilet, especially along the water line. For these tough-to-remove stains, try a toilet cleaning stone, like the **Powerstone Pumice Stone Toilet Bowl Cleaner**. Made of crushed and compressed glass, these stones scrub away deposits without scratching porcelain fixtures. Simply wet the stone and the bowl, then **gently scrub the line of hard water deposits to loosen and wipe them away**. The stones can be used over and over again and gradually wear down over time.

If you prefer to use items that may already be in your home, a **DIY cleaning solution** of vinegar and baking soda is a suitable alternative:

Vinegar and Baking Soda Method

1. **Pour in vinegar:** Measure one cup of vinegar and pour it around the inside of the toilet bowl, making sure to cover the hard water stains with vinegar. Swish it around with a toilet brush and let it sit for a minute.
2. **Add baking soda:** After letting the vinegar sit, sprinkle a cup of baking soda around the toilet bowl. The mixture should fizz. Let this sit for approximately 10 minutes.
3. **Add more vinegar:** Pour another cup of vinegar into the bowl, swish and let the solution sit for 30 minutes.
4. **Scrub:** Use the toilet brush to scrub the stains away, then flush. Repeat as necessary for stuck-on stains.

V. What Causes Brown Stains in The Toilet Bowl?

Nothing is more irritating than removing nasty and stubborn brown stains from a toilet bowl. It is one of the difficult tasks in a bathroom cleaning session. The worst part is that they won't scrub away easily with regular cleaning tools and products. Thus, it becomes imperative to identify the causes of brown stains and treat them with a combination of proven methods and the right solvents.



These hard-to-remove stains may come from various reasons, including mineral deposits, rust stains, and bacterial growth in the toilet bowl. So, if you want to ensure a clean and hygienic indoor environment, keep your bathroom fixtures and fittings

clean and disinfected. You can also install corrosion protection systems to keep the plumbing fixtures rust-free. This becomes more imperative when moving out of your rental apartment. Furthermore, attention-to-detail end of lease cleaning Sydney can help you secure full bond money.

So, have a look at the common causes of brown stains in the toilet bowl and key strategies for removing them without causing damage. We will also incorporate natural cleaning products that are effective, affordable, and environmentally friendly.

1. Mineral Deposits Cause Brown Stains

The minerals in hard water, such as magnesium and calcium, can leave brown stains in your toilet bowl. Limescale is a mineral deposit that may form a brown or reddish-brown film on the surface.

It is important to identify the cause of mineral deposits and replace old or corroded pipes. You can also install a filter to trap minerals and water pollutants to prevent further staining. This is imperative to keep your rental in top shape. It will help you retrieve full bond back without any dispute.

2. Lurking Iron Bacteria

This is a common type of microbes that can grow in environments with high iron content. These notorious bacteria can also cause brown or even black stains in toilet bowls. It can further linger unpleasant odour, ruining your bathroom's entire look and feel.

Tip: Check the high iron levels in your home's water supply.

3. Rust Stains

Corroded pipes and iron-based plumbing fixtures can also cause brown stains. Rust can leach into the water supply and leave dark brown or red stains on a toilet bowl.

Unfortunately, using abrasive cleaners can damage the porcelain surface of your toilet- which is not a good sign. Thus, it is good to hire experts for a professional end of lease cleaning Sydney. They know how to remove stubborn toilet stains and soap scum using effective methods.

4. Copper Deposits

Copper water pipes can cause copper deposits, leaving brown stains behind. The water source is highly acidic, and the copper level in such pipes is also high. This can produce copper deposits and could damage the fixture as well.

It is good to book a professional plumber in Sydney and fix the issue before the final move-out.

Tip: Consider drainage inspections before the final inspection of your rental property.

5. How to Remove Stubborn Brown Stains From a Toilet Bowl?

Removing toilet stains requires a combination of elbow grease and effective products. Here are some best tips to help achieve the desired results:

Step 1: Pour White Vinegar Solution

White vinegar is a versatile cleaning product. It is non-caustic and works great on stubborn stains. Mix equal parts of warm water and white vinegar and pour the solution into the toilet bowl. You can also spray the solution on the affected areas. The vinegar's acidic properties can help you remove stains with ease. Leave it for 10 minutes for the best outcomes.



You can also use rubbing alcohol to banish lingering bacteria and germs.

Step 2: Use Baking Soda to Tackle Stains

Pour a generous amount of baking soda into the toilet bowl. Baking soda is an abrasive cleaning product that can help you remove mineral deposits and other stains without damaging the bowl.

Leave the solution for another 10 minutes. This will reduce your scrubbing efforts.

Step 3: Scrub with a Toilet Brush

Gently scrub the surface with a proper toilet brush. Make sure you cover all nooks and crannies to remove mineral deposits, rust stains and other debris. Repeat the process if required. Ensure you flush the toilet twice to get rid of the solution and dirt residue.

Step 4: Clean Other Areas

Make sure you clean the toilet tank, seat, and behind the 'S' bend before flushing to get rid of dust, dirt, and stains. For best results, use the same vinegar solution and wipe down with a microfiber cloth.

6. How to Prevent Future Brown Stains?

Below are some of the most effective ways to prevent nasty brown stains in your toilet bowl:

- Regularly clean your bathroom, including a spa bath and toilet using a mild cleaning agent. Include it in a weekly cleaning routine.
- Avoid Harsh Cleaners: Do not use ammonia or bleach-based products as this can cause discolouration.
- Use a Water Softener: Install a water softener in your bathroom to resolve the hard water problem and minimise mineral deposits.

If you are at the end of your tenancy, book experts for a budget end of lease cleaning Sydney and secure your hard-earned bond money.

Brown stains in a toilet bowl can occur due to mineral deposits, bacteria growth, copper deposits, and rust. Follow this simple yet effective method to achieve sparkling results without damaging or discolouring your bathroom fixture.

VI. How to Clean the Toilet to Keep It Sparkling and Germ-Free

Cleaning toilets is an unpleasant but important chore. The right cleaning products make it much easier.

While cleaning the toilet probably isn't anyone's favorite chore, it must be done regularly to remove potentially infectious bacteria and prevent plumbing problems. Allowing build-up to accumulate in the toilet tank and bowl can cause clogs and reduce water flow from the jets under the rim of the bowl.



It may seem gross, but cleaning the toilet can be quick and easy if you slip on some rubber gloves and use the right tools and products. For starters, store your supplies in the bathroom for easy access, and follow these steps to clean the toilet thoroughly and remove stains.

How Often to Clean the Toilet

A toilet should be cleaned at least weekly and more often when someone is sick. Even toilets that are not used frequently should be cleaned often to prevent stains from hard water standing in the bowl. Frequent cleaning makes the task much easier, quicker, and less unpleasant than waiting until the toilet is gross and visibly dirty.

What You'll Need

Equipment / Tools

Toilet

- Microfiber cloth
- Long-handled bristle brush

Toilet Stains

- Pumice stone
- Toilet brush

Toilet Tank

- Microfiber cloth

- Scrub brush or wet pumice stone

Materials

Toilet

- Rubber gloves
- Commercial toilet bowl cleaner with bleach
- Bathroom cleaning spray
- Disinfecting wipes or spray

Toilet Stains

- Rubber gloves
- Distilled white vinegar

Toilet Tank

- Rubber gloves
- Foaming bathroom cleaner
- Distilled white vinegar

Instructions

How to Clean the Toilet Bowl With a Store-Bought Solution

Cleaning the toilet bowl is generally easier than cleaning the tank. That's because it's just a big bowl without a bunch of pipes to navigate. However, cleaning the toilet bowl may be more difficult if it's stained due to prolonged use without regular cleanings.



Clear the Space

Remove everything from the top of the toilet tank and anything on the floor around the base of the toilet.

Flush and Prep

- Flush the toilet with the lid closed.
- Put on rubber gloves and gather your cleaning supplies.

Add the Cleaner to the Toilet Bowl

- Apply a commercial toilet bowl cleaner that contains bleach to disinfect the bowl starting under the rim and coating the entire bowl.
- Close the lid.

- Allow the cleaner time—at least five minutes—to begin lifting stains before starting to scrub.

Clean the Outside of the Toilet

- While the cleaner is working inside the toilet bowl, go ahead and clean the outside of the toilet.
- Use a bathroom cleaner and a microfiber cloth to remove dust and grime. Start at the top and wipe off the tank lid, the sides of the tank, the flushing handle or button, and the outside of the bowl. Don't forget the area between the seat and the tank.
- Finish by cleaning the toilet seat lid and both sides of the seat.

To get a really good clean, remove the toilet seat and clean it separately.

Scrub the Toilet Bowl

- Use a long-handled bristled toilet brush to clean the bowl starting at the top under the rim. (Scrubbing this area will not only remove soil but will help keep the water jets free from mineral deposits that can cause clogs.)
- Scrub the entire surface of the bowl, including the bend or trap.
- Flush to rinse.

Disinfect the Toilet

- Disinfect all of the outside surfaces of the toilet with disinfecting wipes or a disinfecting spray.
- Pay careful attention to the handle and seat areas.
- Read the labels. Most disinfectants recommend that the surface remain wet for at least five to 10 minutes.

The keys to successful disinfection is using enough product and allowing it sufficient time to work.

How to Clean Toilet Stains With a Pumice Stone and Vinegar

Minerals in hard water, rusty plumbing components, and infrequent cleaning can leave tough-to-remove stains in the toilet bowl that require a bit more scrubbing time beyond your regular toilet cleaning.

Empty the Toilet Bowl

Flush the toilet, and while the water is out of the bowl, turn off the water flow valve so the tank and bowl don't refill with water. You want the water level in the bowl to be as low as possible.

Remove Hard Water Rings

- Put on long rubber gloves.
- Use a pumice stone (you can buy them with a long handle for easier scrubbing) to remove the rings that form in the bowl from the minerals in hard water. Rub the stone on the deposits.
- Turn the water back on, and flush away the debris.

The stone must be wet; never use it dry or it will damage the surface of the bowl.

Remove Rust Streaks

- Flush and turn off the water again to empty the bowl of as much water as possible.
- Add two cups of undiluted distilled white vinegar and scrub the stains with a toilet brush.
- Once the streaks are removed, turn the water back on and flush.

If the bowl is heavily stained, use more vinegar and allow it to sit for at least two hours (overnight is better) before scrubbing. Just be sure no lingering bathroom cleaner can interact with the vinegar.

How to Clean the Toilet Tank With Vinegar

A clean toilet tank will help keep the toilet bowl clean. Luckily, it only needs to be cleaned twice a year unless you use well water, then it should be cleaned quarterly.

Empty the Tank and Remove the Lid

- Flush the toilet to empty the tank of water and then turn off the water at the flow valve at the base of the toilet.
- Remove the lid and set it aside.
- If there is still water in the tank, flush the toilet again to empty the tank.

Inspect and Clean

- If the tank has no rust or mineral deposits, use a foaming bathroom cleaner to remove mold or grime that has accumulated on the inside.
- Spray the cleaner on all of the components, give it time to work (about five minutes), and then wipe it away with a microfiber cloth.
- Turn the water back on to refill the tank.
- Flush the toilet a couple of times to remove the cleaner and any loose soil.

Remove Rust and Mineral Deposits

- If there is sediment in the bottom of the tank, you'll need more than a quick clean. Empty the tank and add enough undiluted distilled white vinegar to fill the tank to the regular water level.
- Allow the vinegar to work for at least two hours or overnight.
- Use a scrub brush (not the toilet brush) or a wet pumice stone to scrub away the deposits.
- Flush away the vinegar and refill the tank with water.

How to Keep Your Toilet Clean Longer

Keeping your toilet clean for longer means taking proactive maintenance measures. For example, you can start by using a toilet bowl cleaner with disinfectant properties at least once a week (or more, if necessary). Having a toilet brush beside the toilet to scrub the bowl and under the rim makes cleaning faster and easier.



Consider using a toilet bowl tablet or gel to help maintain freshness in between each time you clean. You can also install an automatic toilet bowl cleaner that continuously works to fight off bacteria and prevent stains between manual cleans.

CONCLUSION

A hygienic bathroom is essential for a healthy and safe living environment. By implementing the tips and practices outlined in this guide, individuals can significantly reduce the risk of infections and ensure a clean and pleasant space for all users. Regular maintenance, the use of effective cleaning methods, and proactive

measures against contamination are key to achieving and sustaining bathroom hygiene.

REFERENCES

By Mary | The Ultimate Bathroom Cleaning Checklist | The Spruce, Retrieved 29 February 2024 from

<https://www.thespruce.com/bathroom-cleaning-checklist-4788311>

8 Simple Steps to a Sparkling-Clean Shower | Home and Simple, Retrieved 3 January 2025 from

<https://www.homemadesimple.com/bathroom/simple-shower-cleaning/>

By Jamie | How to Easily Remove Hard Water Stains | Good Housekeeping, Retrieved 21 August 2024 from

<https://www.goodhousekeeping.com/home/cleaning/a34905420/how-to-remove-hard-water-stains/>

By Kate Windle | What Causes Brown Stains in The Toilet Bowl? | Bond Cleaning Sydney, Retrieved 26 August 2024 from

<https://www.bondcleaning.sydney/what-causes-brown-stains-in-the-toilet-bowl/>

By Mary | How to Clean the Toilet to Keep It Sparkling and Germ-Free | Real Simple, Retrieved 21 April 2024 from

[https://www.realsimple.com/how-to-clean-the-toilet-](https://www.realsimple.com/how-to-clean-the-toilet-7479816#:~:text=Empty%20the%20tank%20and%20add,refill%20the%20tank%20with%20water)

[7479816#:~:text=Empty%20the%20tank%20and%20add,refill%20the%20tank%20with%20water](https://www.realsimple.com/how-to-clean-the-toilet-7479816#:~:text=Empty%20the%20tank%20and%20add,refill%20the%20tank%20with%20water)