



SCHOOL ENVIRONMENTAL HEALTH AND ASTHMA COLLABORATIVE

HOUSEHOLD CLEANING AND ASTHMA

Keeping your home clean and dust-free is an important part of managing asthma. But many cleaning products can cause asthma or trigger asthma attacks, especially products with bleach, ammonia and vinegar. Here are some simple, low-cost ways to clean your house without causing problems for people with asthma.

Cleaning hard surfaces (multi-purpose solution)	<ul style="list-style-type: none"> • Plain water and a microfiber cloth will clean most surfaces and kill 99% of germs. • Use a mild unscented liquid dish or castile soap with water to cut grease and grime. Use a soap without anti-bacterial ingredients. • For scrubbing, add 1 tbsp. of baking soda to regular or soapy water. • Add lemon juice to regular or soapy water for a fresh smell and to cut grease.
Dusting	<ul style="list-style-type: none"> • Use a dry microfiber cloth, or use a clean, slightly damp, soft cloth.
Windows, glass, and mirrors	<ul style="list-style-type: none"> • Indoors, use plain water and a microfiber cloth. • Outdoors, add plain liquid soap to get rid of soot and grime.
Sinks, tubs, and tile	<ul style="list-style-type: none"> • Add 2 or 3 tbsp. of liquid soap to water and clean with a scrub brush. • Use baking soda or a scouring powder that does not contain bleach. • For small amounts of mold, mix liquid soap, baking soda, and 2 capfuls of hydrogen peroxide (3% solution). Let sit on surface. Wipe clean.
For odors	<ul style="list-style-type: none"> • Sprinkle baking soda in the bottom of trash cans. • Place a bowl or open box of baking soda in the refrigerator. Replace every 2 – 3 months. • Poke small holes in the top of a jar or plastic container. Fill the jar halfway with baking soda and close the container. Place near trash cans, litter boxes or other smelly places.
Ovens	<ul style="list-style-type: none"> • Scrub with baking soda or a scouring powder that does not contain bleach. • Make a paste with 1/4 cup baking soda, 2 tbsp. salt, and a little hot water. Apply to surface. Let sit 5 minutes. Scrub well. Remove with water and microfiber cloth.
Toilet bowls	<ul style="list-style-type: none"> • Pour a small amount of liquid soap or ¼ cup baking soda into toilet bowl, then brush. • Wipe toilet seat and rim with hydrogen peroxide (3% solution). Hydrogen peroxide acts like a disinfectant.
Carpets, rugs, and floors	<ul style="list-style-type: none"> • Vacuum carpets, rugs, and floors at least once a week to reduce dust and dust mites. • Vacuum slowly. • Use a vacuum with a HEPA filter, which picks up smaller dust particles.

