



Safe Cleaning for People with Asthma

*Recipes for easy-to-use household cleaners that
won't irritate airways!*

Cleaning with non-toxic cleaners is a great way to both clean your home and manage asthma. These recipes are easy, cheap and non-polluting.

Tips for Green Cleaning

- Clean the house when the person with asthma is NOT home, if possible!
- Use microfiber cloths for more effective cleaning
- Always dust with a damp cloth.
- Use a HEPA filter vacuum.



Cleaning Supplies

- Vinegar and baking soda are cheap and effective alternatives to bleach and ammonia
- Liquid castile soap is a plant based soap – although it can be expensive, a small bottle can last a long time.
- If liquid castile soap is unavailable, Murphy's Soap is a great substitute.

All-Purpose Cleaner

- 1 $\frac{2}{3}$ cup baking soda
- $\frac{1}{2}$ cup liquid castile soap
- $\frac{1}{2}$ cup water
- 2 tablespoons vinegar
- 16-oz bottle with flip cap

Mix baking soda and liquid soap in a bowl. Add water, then add vinegar. Pour into squeeze bottle. If too thick, add water. Shake well. Squirt in tub, sink, toilet, counter, etc. Scrub and rinse.

Toilet Cleaner

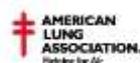
- Baking soda
- Liquid castile soap

Sprinkle baking soda inside the bowl. Add a couple of drops of soap. Scrub with a toilet bowl brush and finish outside surfaces with a rag sprinkled with baking soda.

Pioneer Valley Asthma Coalition

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Tub and Sink Cleaner

- Baking soda
- Liquid castile soap

Use baking soda in place of your scouring powder. Sprinkle it on porcelain and rub with a wet rag. Add a little soap to the rag for more cleaning power. Rinse well.

Drain Cleaner

- Baking soda
- Vinegar
- Boiling Water

This recipe will free minor clogs. Pour ½-cup baking soda down the drain, then ½-cup of vinegar. Let it fizz for a few minutes. Then, very carefully to avoid getting burned, pour a teakettle full of boiling water down the drain. Repeat if needed. If the clog continues, use a plunger.

Scouring Powder

- Baking soda
- Liquid castile soap

Use baking soda instead of scouring powder. Wet the area. Sprinkle baking soda and rub with wet rag. Add a little soap to the rag for more cleaning power.

Rinse well. For toilets, sprinkle baking soda into bowl, add a few drops of castile soap, then scrub.

Window and Mirror Cleaner

- Vinegar
- Water

Put ¼-cup vinegar in a spray bottle. Fill with water. Spray on surface. Rub with lint-free rag, or



newspaper. For outdoor windows, use a sponge and wash with warm water with a few drops of liquid castile soap. Rinse well and squeegee dry.

Oven Cleaner

Do not use this cleaner on self-cleaning ovens.

- Baking soda
- Water
- Scouring pad

Mix 1-cup of baking soda with water to make a paste. Apply to oven surfaces, and let stand 5-10 minutes. Use a scouring pad for scrubbing most surfaces. A spatula or bread knife is effective to get under large food deposits. This recipe will require “Elbow Grease.” Try spot cleaning your oven regularly.

08/2013 All recipes from The American Lung Association of Oregon’s “Suggestions for Green Cleaning”

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