Asthma Friendly Cleaning Options

All Purpose Cleaner:
Mix 1/4 cup white vinegar with 4 cups of water and 3-4 drops of liquid castile soap in a spray bottle. Spray onto surfaces, such as countertops and windows, and wipe with cloth or rag. Use newspapers to wipe down glass.

Tub, Toilet, and Sinks
Combine baking soda and liquid castile soap on surface, and then rub with a rag. Rinse well.

Dusting and Polishing
Use a damp cloth or rag to wipe down surfaces. Use a few drops of olive oil to polish surfaces.

Mold and Mildew
Spray white vinegar directly onto moldy areas. Let dry, then scrub vinegar and mold away. Lemon juice and salt or white vinegar and salt can be used to create a paste to scrub areas with mold. Dry surfaces when finished.

General Tips
- Avoid harsh chemical cleaners and strongly scented cleaners
- Use unscented detergents and fabric softeners
- Avoid air fresheners, deodorizers, plug ins, and candles
- Use baking soda instead of scented air fresheners to absorb odors
- After bathing or showering, run the bathroom fan or open a window for at least 15 minutes
- Replace or clean moldy shower curtains
- Fix leaky plumbing

For more information visit us: www.impact-dc.org Revised 5/2014 Adapted from RI Department of Health