

## 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