



# ASTHMA CARE

## Simple recipes for fresh air cleaners

Try these non-toxic cleaners and reduce asthma triggers in your home! These cleaners work well and are simple to make from items found at the grocery store. Important: If you store them, label them!

### General cleaners

- Mix 7 drops of dish soap in a standard size (24 oz.) spray bottle and fill with water. Cleans counters, floors, and walls.
- Mix baking soda with warm water. Cleans tubs, tiles, showers, and toilet bowls.

### Floor cleaners

- Add ½ cup white vinegar to ½ gallon water. No need to rinse. Cleans linoleum and tile.

### Glass cleaner

- Mix 1/2 white vinegar with 1/2 water. Rub windows with newspaper.

### Drain cleaner

- Pour ½ cup of baking soda down the drain, then ½ cup white vinegar. Let sit for 15 minutes. Then pour a pot of boiling water down the drain.

### Furniture cleaner and polish

- Mix 1 part **lemon juice** with 2 parts **olive or mineral oil**. Use with a spray bottle and sponge or cloth.

### Oven cleaner

- (Do not use on self-cleaning ovens) Mix 1 cup baking soda with water to make a paste. Apply to oven surfaces and let stand. Scrub with a scouring pad.



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*Content is from Caring for Yourself While Caring for Others, 2011, National Institute for Occupational Safety and Health, Labor Occupational Health Program of UCB, the Public Authority for IHSS and SEIU – United Long Term Care Workers.*