

Asthma-Friendly Cleaning Recipes



Safe Cleaning Products
for People with Asthma



For people with asthma, store-bought cleaning products may cause asthma symptoms. Using homemade cleaning products can help reduce allergy and asthma triggers in your home. These homemade cleaners are easy to make, safe to use and cost less than store-bought cleaners.

Shopping list:

- ✓ **Baking soda** – cleans, deodorizes, scours; softens water
- ✓ **Lemon** – kills mold, mildew and bacteria; freshens air; removes stains
- ✓ **White distilled vinegar** – cuts grease; removes mildew, odors, stains, sticky residue and wax build-up
- ✓ **Rubbing alcohol** – disinfects and cleans most surfaces; great for mirrors and windows
- ✓ **3% hydrogen peroxide** – disinfects; cleans fruits and vegetables; brightens teeth and freshens breath
- ✓ **Unscented liquid laundry detergent** – concentrated cleaner; can be used for more than laundry
- ✓ **Liquid castile soap** – a multi-purpose cleaner great for those with dry or sensitive skin





All-purpose cleaner

- 8 cups water
- ½ cup white distilled vinegar
- ¼ cup baking soda

Mix well and store in spray bottles. Use for cleaning nonporous surfaces such as stovetops, sinks and bathroom fixtures.

All-natural disinfectant

- 1 cup water
- ½ cup 3% hydrogen peroxide

Mix well and store in a spray bottle. Spray and wipe off counters and tabletops to kill germs and leave a fresh scent.



Drain cleaner

- ½ cup baking soda
- ½ cup white distilled vinegar
- Hot water

First, pour the baking soda down the clogged drain. Then, pour the vinegar. Let the drain bubble for 3-5 minutes. Boil water while you wait. Then, pour about a quart of boiling water down the drain. Repeat if needed. Bad clogs may need a drain snake.

Tub, toilet or sink cleaner

- 1 cup white distilled vinegar
- ¼ cup baking soda

Use this to clean porcelain surfaces and remove stains. Pour the cleaner into the toilet bowl. Stir mixture with a toilet brush and wait 20 minutes. Scrub well, then rinse. For sinks, tubs, and showers, mix well and store in a spray bottle. Spray solution onto porcelain surfaces. Use a scrub brush or sponge to remove stains, mold and mildew.



Glass cleaner

- 1½ cups water
- ½ cup white distilled vinegar
- 3-4 drops liquid laundry detergent

Mix well and store in a spray bottle. Spray on windows and glass surfaces. Use a lint-free towel or newspaper to wipe clean.

Mold and mildew scrub

- 2 teaspoons white distilled vinegar or lemon juice
- 1 teaspoon salt

Mix to make a paste. Scrub the mixture into areas on tile, faucets or fixtures with mold or mildew. Rinse and dry the area well.

Tips for reducing asthma triggers

- ✓ Throw out harsh chemical cleaners and scented air fresheners.
- ✓ Use mild, unscented laundry detergents and avoid scented fabric softeners.
- ✓ Wash stuffed animals in hot water and dry well.
- ✓ Seal toys in a plastic bag and place them in the freezer for at least five hours to kill dust mites.
- ✓ Wash bedding in hot water and dry on high every few weeks.

- ✓ Vacuum and dust with a damp cloth at least once a week.
- ✓ Avoid using pesticides. Use traps or baits instead.
- ✓ Avoid smoking cigarettes at home. If you need help quitting, call Kick It California at 1-800-300-8086 or text "Quit Smoking" or "Quit Vaping" to 66819.



Resources

Breathe Well, Live Well program

IEHP offers no-cost, in-person asthma classes for members to learn to control their asthma.

To learn more, visit:

www.iehp.org/asthma

Source:

<https://indianactsi.org/home-made-asthma-friendly-cleaners/>

For more asthma-friendly resources:

Visit www.lung.org or call the American Lung Association at **1-866-252-2959** to speak with a Lung Health Navigator.

For resources in Spanish, visit www.lung.org/Espanol





Inland Empire Health Plan

iehp.org