



Green Cleaning

Did you know?

Routine cleaning can reduce dust, allergens, and chemicals in your home. When cleaning, use safer products, which are better for your health and the environment.

Action Plan

- **For routine household cleaning of dust and grime:** choose safer cleaning products with one of these labels:



- Make your own cleaners with household ingredients such as vinegar and baking soda (see recipes on next page).
- While cleaning, open windows and turn on a fan to increase airflow. Consider wearing gloves to protect your skin.
- Keep all cleaning products away from children and pets.
- Avoid chemical air fresheners. Instead, keep your home well-ventilated (open windows). Use a box of baking soda to absorb odors.
- **If you need to kill germs on household surfaces:** use a disinfectant such as hydrogen peroxide (3%) or diluted household bleach. For more information on how to safely use these products and/or safely disinfect (to kill germs on surfaces), visit: nyscheck.org/covid

[more](#) →

NYSCHECK.ORG

All-Purpose Household Cleaner

Ingredients:

1 cup warm water
3 drops unscented liquid soap
½ cup white vinegar
Optional: add fresh lemon juice

Directions:

Mix ingredients in an empty spray bottle.
Use to clean various surfaces in your home.

Sink, Tub, & Tile Cleaner

Add water to baking soda to make a paste.
Use paste to scrub surfaces.
Rinse well.

Resources

For help obtaining asthma-friendly cleaning tips and supplies, contact Healthy Neighborhoods Program:

- **Albany/Rensselaer County** (518) 765-3512
- **Schenectady County** (518) 386-2818
- **Columbia County** (518) 828-3358 ext. 1255 or 1260

In New York State, schools are required to use “environmentally-sensitive” cleaning products. For more information, visit greencleaning.ny.gov

For more information about disinfection (to kill germs on surfaces), visit: nyscheck.org/covid

For more information, visit nyscheck.org/rxs

Was this information helpful?

Visit bit.ly/GreenCleaningRx to let us know.