



# Green Cleaning with Asthma

## Did you know?

*Routine cleaning can reduce dust, allergens, and chemicals in your home. If your child has asthma, dust, scents, and certain cleaning products can be a trigger. 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.
- While dusting or vacuuming, keep children with asthma and allergies in another room to minimize their exposure to allergens.
- Keep all cleaning products away from children and pets.
- To minimize the spread of dust particles and allergens, dust with a damp cloth and use a vacuum with a HEPA filter (see QR codes above).
- Avoid chemical air fresheners and heavily scented products such as candles. 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](https://nyscheck.org/covid)

[more](#) →

## 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](https://greencleaning.ny.gov)

For help finding an allergy & asthma friendly vacuum, scan the following QR code:



For more information visit: [nyscheck.org/rxs](https://nyscheck.org/rxs)

Was this information helpful?

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