



DEPARTMENT OF
PUBLIC HEALTH

Asthma-Safe Cleaning Recipes

Cleaning the house can help get rid of some triggers like mold, mildew, dust mites, pet dander and cockroaches. But some cleaning products may make your asthma worse. Do not worry, we have some cheap recipes for asthma-safe cleaning products that you can make at home!

Buy an empty spray bottle and a measuring cup at the Dollar Store to get started!

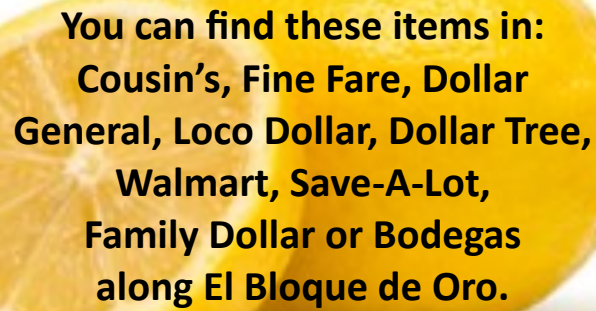
Type of cleaner	What you need	How to make it
Wood Furniture Dusting, Cleaning and Polish	<ul style="list-style-type: none"> 1 cup of olive oil 3 tablespoons lemon juice 	Mix in a bowl. Use a lint-free cloth to rub a small amount of lemon oil evenly to wood surfaces.
Basic Spray Cleaner	<ul style="list-style-type: none"> 2 cups water 1 cup white vinegar 	Mix in a spray bottle. Spray and wipe as needed.
Spray Cleaner for Greasy Surfaces	<ul style="list-style-type: none"> 2 cups water 1 cup vinegar or 1/2 cup lemon juice 1 teaspoon natural dish soap such as Dr. Bronner's 	Mix in a spray bottle. Spray and wipe down with a damp cloth as needed.
Bath and Shower Cleaner	<ul style="list-style-type: none"> Baking soda 	Sprinkle 1 to 2 teaspoons on a damp sponge and wipe. Rinse with warm water. For soap scum, mix baking soda with very warm water until it makes a thin paste. Using a damp sponge, spread the paste over the surfaces. Let sit for 5 to 6 minutes. Wipe down with water. For moldy surfaces, wipe down the paste with white vinegar and then warm water.





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**You can find these items in:
Cousin's, Fine Fare, Dollar
General, Loco Dollar, Dollar Tree,
Walmart, Save-A-Lot,
Family Dollar or Bodegas
along El Bloque de Oro.**

Philadelphia Department of Public Health