



ASTHMA FRIENDLY CLEANING PRODUCTS

What's in your cupboard?

Why should we be concerned about cleaning products?

Many cleaning products contain chemicals that can irritate airways and trigger asthma symptoms. You can meet the majority of cleaning needs however with products that are recommended as safe for people with asthma to use, such as salt, sodium bicarbonate (i.e. baking soda), washing soda, borax, vinegar and washing powder.

Borax and sodium bicarbonate are excellent mould inhibitors, which makes them great “asthma friendly” alternatives for cleaning kitchen, fridge and bathroom surfaces. In addition, salt, sodium bicarbonate, washing soda and Borax do not give off any fumes or odors and are not known to cause any reactions to those with sensitive airways. Vinegar is also useful and the smell will dissipate shortly after the surface is dry.

Cleaning Tips:

- Use baking soda instead of scented air fresheners to absorb odors.
- Use unscented fabric softeners, if you need to use them at all.
- Use a combination of hot water and Borax instead of disinfectants, as these products often contain ammonium compounds or carbolic acid and fragrance chemicals.
- Clean silver by placing on a piece of aluminum foil in a solution of washing soda and water. Soak the utensils in the solution; the tarnish will transfer to the foil. Rinse.
- Make your own scouring powder by combining salt and sodium bicarbonate.
- Clean floors using 1/2 cup vinegar in a pail of warm water.
- Clean windows and mirrors, using 1/4 cup of white vinegar in a spray bottle and fill to the top with water. Spray on the window or mirror. Rub with a lint-free cloth.
- Clean drains by pouring 1/2 cup of baking soda down the drain followed by 1/2 cup vinegar. Then pour 4 cups of boiling water down the drain. Use on a regular basis to keep drain clear.

For More Information:

Contact the Asthma Society of Canada at 1-866-787-4050 or visit www.Asthma.ca.