

Healthy Home Cleaning Habits

Exchange Indoor Air: Many modern homes are so tight there's little new air coming in. Open the windows from time to time or run any installed exhaust fan.

Minimize Dust: Remove clutter which collects dust, such as old newspapers and magazines.



Clean from the Top Down: When house cleaning, save the floor or carpet for last. Allow time for the dust to settle before vacuuming.

fore vacuuming.

Keep Bedrooms Clean: Most time is spent in the bedrooms, keep pets out.

The information provided in this brochure is a starting point. There are numerous sources for more information about healthy homes on the web.

U.S. Dept. of Housing & Urban Development:
<http://www.hud.gov>

U. S. Environmental Protection Agency:
<http://www.epa.gov>

Centers for Disease Control and Prevention:
<http://www.cdc.gov>

Children's Health Alliance of Wisconsin:
<http://www.chawisconsin.org>



Healthy Homes Initiative

8600 Sheridan Road, Suite 600
Kenosha, WI 53143

Phone: 262-605-6762
Fax: 262-605-6725
E-mail: HUD@co.kenosha.wi.us

Recipes for Healthy Cleaning

Kenosha County
Communities Partnership



Healthy Homes Initiative

Phone: 262-605-6762

Home Cleaning Recipes

There are many inexpensive, easy-to-use natural alternatives which can safely be used in place of commercial household products. Here is a list of common, environmentally safe products which can be used alone or in combination for a wealth of household applications.

- **Baking Soda** - cleans, deodorizes, softens water, scours.
- **Soap** - unscented soap in liquid form, flakes, powders or bars is



biodegradable and will clean just about anything. Avoid using soaps which contain petroleum distillates.

- **Lemon** - one of the strongest food-acids, effective against most household bacteria.
- **Borax** - (sodium borate) cleans, deodorizes, disinfects, softens water, cleans wallpaper, painted walls and floors.

- **White Vinegar** - cuts grease, removes mildew, odors, some stains and wax build-up.
- **Washing Soda** - or SAL Soda is sodium carbonate decahydrate, a mineral. Washing soda cuts grease, removes stains, softens water, cleans walls, tiles, sinks and tubs. Use care, as washing soda can irritate mucous membranes. Do not use on aluminum.

Formulas

All Purpose Cleaner: Mix 1/2 cup vinegar and 1/4 cup baking soda into 1/2 gallon water. Store and keep. Use for removal of water deposit stains on showers, bathroom chrome, counter tops, etc.

Bathroom mold: Mix one part hydrogen peroxide (3%) with two parts water. Apply to area, wait at least one hour before rinsing.

Scouring Powder: For stoves and other surfaces that should not be scratched—apply baking soda directly with a damp sponge.

Toilet bowl: Mix 1/4 cup baking soda and 1 cup vinegar, pour into

basin and let sit for a few minutes. Scrub with brush and rinse.

Windows: Mix 2 teaspoons of white vinegar with 1 quart warm water. Use crumpled newspaper or cotton cloth to clean.

Carpet stains: Mix equal parts white vinegar and water in a spray bottle. Spray directly on stain, let set for several minutes, and clean with a brush or sponge using warm soapy water. For a heavy duty carpet cleaner, mix 1/4 cup each of salt, borax and vinegar. Rub paste into carpet and leave for a few hours. Vacuum.

NOTE: These formulas and substitutions are offered to help minimize the use of toxic substances in your home. Results may vary and cannot be guaranteed. Test in a small area first.

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