

Safe Cleaning for People with Asthma

Recipes for easy-to-use household cleaners that won't irritate airways!

Toilet Cleaner

- Baking soda
- Liquid castile soap*

Sprinkle baking soda inside the bowl. Add a couple of drops of soap. Scrub with a toilet bowl brush and finish outside surfaces with a rag sprinkled with baking soda.

Tub and Sink Cleaner

- Baking soda
- Liquid castile soap*

Use baking soda in place of your scouring powder. Sprinkle it on porcelain and rub with a wet rag. Add a little soap to the rag for more cleaning power. Rinse well.

Drain Cleaner

- Baking soda
- Vinegar
- Boiling Water

This recipe will free minor clogs. Pour ½-cup baking soda down the drain, then ½-cup of vinegar. Let it fizz for a few minutes. Then pour a teakettle full of boiling water down drain. Repeat if needed. If the clog continues, use a plunger.

All-Purpose Cleaner

- 1 2/3-cup baking soda
- ½ -cup liquid castile soap*
- ½ -cup water
- 2 tablespoons vinegar
- 16-oz bottle with flip cap

Mix baking soda and liquid soap in a bowl. Add water, then add vinegar. Pour into squeeze bottle. If too thick, add water. Shake well. Squirt in tub, sink, toilet, counter, etc. Scrub and rinse.

Oven Cleaner

- Baking soda
- Water
- Scouring pad

Do not use this cleaner on self-cleaning ovens.

Mix 1-cup of baking soda with water to make a paste. Apply to oven surfaces, and let stand a little while. Use a scouring pad for scrubbing most surfaces. A spatula or bread knife is effective to get under large food deposits. This recipe will require “Elbow Grease.” Try spot cleaning your oven regularly.

Window and Mirror Cleaner

- Vinegar
- Water

Put ¼-cup vinegar in a spray bottle. Fill with water. Spray on surface. Rub with lint-free rag, or newspaper. For outdoor windows, use a sponge and wash with warm water with a few drops of liquid castile soap. Rinse well and squeegee dry.

Scouring Powder

- Baking soda
 - Liquid castile soap
- Use baking soda instead of scouring powder. Wet the area. Sprinkle baking soda and rub with wet rag. Add a little soap to the rag for more cleaning power. Rinse well. For toilets, sprinkle baking soda into bowl, add a few drops of castile soap, then scrub.

Cleaning with non-toxic cleaners is a great way to both clean your home and manage asthma. These recipes are easy, cheap and non-polluting. Here are also some suggestions for cleaning and keeping away other asthma triggers.

Clean the house when the person with asthma is NOT home if possible!

*If liquid castile soap is unavailable, Murphy's Soap is a great substitute.

*All recipes from
The American Lung
Association of Oregon's
“Suggestions for Green
Cleaning”*

