

# SAFER CLEANING WITH SIMPLE

## What You Need



### Lemon Juice or White Vinegar

Cuts grease and grime (don't use undiluted vinegar if you have asthma).



### Liquid Soap

Free of antibacterial (triclosan) or sodium lauryl sulfate (detergent). Castile soap is a good option.



### Baking Soda

Removes stains and grime, acts like scouring powder.



### Hydrogen Peroxide (3% Solution)

Works like a disinfectant and removes stains.



### Microfiber Cloth

Damp microfiber removes dirt and some germs (some germs may attach to dirt).



### Scrub Brush

Helps remove stains and grime.

# AFFORDABLE INGREDIENTS

## Recipes

### All-purpose Cleaner: Countertops, Floors, Appliances, Walls and More

- Liquid soap and warm water; lemon juice optional.
- Liquid soap, 1 tbsp. baking soda, lemon juice and water.
- 1 part white vinegar and 1 part water.

### Windows, Glass and Mirrors

- Just wipe with a damp microfiber cloth.
- 1 part white vinegar or lemon juice and 1 part water.

### Sink, Tub and Tile

- Creamy scrub: 2 cups baking soda, half cup liquid soap and some lemon juice.
- Mix liquid soap, baking soda and 2 capfuls of hydrogen peroxide (3% solution).
- Soapy water and a good scrub brush.

### Toilet

- Sprinkle bowl with baking soda, then drizzle with vinegar, let soak for 30 minutes and scrub with brush.
- Wipe toilet seat with hydrogen peroxide (3% solution).

### Mold and Mildew Remover

- Allow white vinegar to sit on moldy surface, then clean with hot soapy water.
- Mix liquid soap, baking soda, and 2 capfuls of hydrogen peroxide. Apply to surface for 30 minutes, then clean with soapy water.

### Drain Cleaner

- Pour half cup baking soda down drain and follow with half cup vinegar. After 15-30 minutes, follow with 2 quarts boiling water.

### Oven Cleaner

- Apply paste of 1/4 cup baking soda, 2 tbsp. salt and hot water and let sit 5 minutes, then clean with scrub brush.

# 3 Steps to a Healthy Home



Pests need water, food, and shelter to live, just like you. Mold needs moisture to grow.

Here's what you and your property owner can do to get rid of them and prevent them from invading your home.



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## Take away pests' food, water, and shelter

Keep sink and counters free of food and dishes. Clean behind fridge and in cabinets (roach hiding spaces). Clean up roach droppings; young roaches feed on adult droppings (roach feces appear as brown specs).

Protect food in sealed containers; plastic bags are not effective and release food odor, attracting pests.

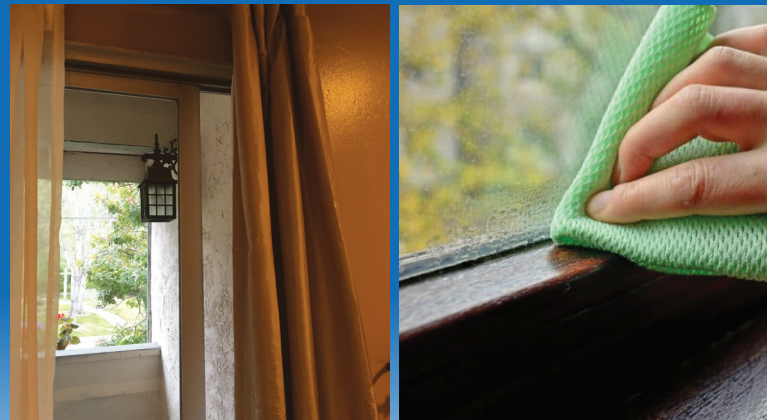
Clean crumbs, spills and grease with less toxic cleaners. Sweep floors - pests love crumbs.

Avoid sprays and foggers; they kill few bugs, push them into walls, and don't reach hideouts or nests.

Recycle cardboard boxes to prevent pest nests and mold. Remove recycling, compost, and garbage frequently.

## We're here to talk to you!

Contact Cynthia Knowles at (650) 207-3115 or [cknowles@smcgov.org](mailto:cknowles@smcgov.org) Se habla español



## Reduce moisture and humidity (Prevent Mold!)

Address the source of the moisture and then clean with vinegar or hydrogen peroxide. DO NOT SOAK SURFACES, mold grows on wet surfaces. Thoroughly dry after cleaning.

Ventilate often – open curtains and windows; use fans when cooking and bathing.

Reduce clutter in closets by storing items in plastic containers, raising items off floor.

Separate furniture and appliances from walls. Don't push anything up against the wall.

Dry condensation from windows and walls after bathing and sleeping.

Report drips and leaks to your landlord.

## Resources

**Healthy Homes, Mold & Pest Prevention, & Safer Cleaning:** [smchealth.org/healthyhome](http://smchealth.org/healthyhome) and [bit.ly/ca-dph](http://bit.ly/ca-dph) (CA Department of Public Health)  
**Healthy Living:** [womensvoices.org](http://womensvoices.org) and [ewg.org](http://ewg.org)



## Ask the property owner to seal out pests and reduce moisture

Seal gaps, crevices, and holes in walls, floors, and baseboards, and around water, gas and electrical connections at the wall.

Check for and repair drips and leaks; ensure pipes do not leak; seal cracks and gaps around plumbing.

Ensure the exterior walls, windows, and roof protect the building from moisture intrusion.

Maintain gutters so water flows away from the building.

Ensure kitchen and bathroom fans function effectively.



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