

# 7 Steps to Creating a Clean Air Oasis



*We spend 90% of our day indoors where the air often is more polluted than the air outside.*

Research suggests that a “clean room” may help people who suffer from breathing difficulties, allergies, headaches, brain fog/confusion, fatigue and other health problems. You can create a clean air oasis in your home, or in one room, where the air is as free as possible of chemicals, smoke, fragrances, and allergy triggers.

## 1. Pick a room

Choose the room where you spend most of your time, usually your bedroom. Bring in clean outside air whenever possible, but avoid opening windows when pollen or pollution levels are high.

## 2. Eliminate indoor air pollutants

Remove all products that have strong odors including cleaning and laundry products, pesticides, perfume/cologne, scented lotions, deodorants, cosmetics, candles, air fresheners (including plug-ins and diffusers). Avoid any aerosol sprays (such as hair spray) because their tiny droplets are easily inhaled.

## 3. Ask your primary care doctor about allergy testing.

Furry pets, dust mites, mold, and seasonal pollens can trigger asthma, allergies, and other problems.

## 4. Clean safely

Use only fragrance-free products for cleaning and doing laundry. Cleaning and vacuuming are best done when sensitive individuals are not in the immediate area. Ventilate during and after cleaning. See list of cleaning supplies and instructions on the back of this page.

## 5. Avoid burning anything indoors

Smoke and combustion gases irritate the lungs. Do not permit smoking, vaping, or the burning of candles or incense. Do not use fireplaces, open-flame gas heaters, or unvented water heaters. Prevent carbon monoxide poisoning—never heat your home using a gas stove, gas oven, or Hibachi. If you move or purchase new appliances, electric stoves and other electric appliances are the better health option.

## 6. Go the extra mile

An air purifier with HEPA and charcoal filters can remove some pollutants. Keep the purifier running while the room is occupied, including overnight. Bring in clean outside air whenever possible.

## 7. Learn more

Many of our choices affect the quality of air we breathe. Learn how to remove fragrances from fabrics, stop pests without using pesticides, control humidity and mold, and find safer products for home repair/remodeling.

Visit <https://makelivesbetter.uthscsa.edu/tilt> for more information.

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# Cleaning Recipes



## You will need these supplies:

- Plastic bucket
- Empty spray bottle
- Plastic storage container
- One-gallon jug for storage
- Microfiber cloths
- Two-sided cleaning sponge
- Small funnel
- Borax
- Baking soda
- Washing soda
- Fragrance-free dish soap
- White vinegar
- Lemon juice

## Glass or Window Cleaner

- ½ cup vinegar
- 1½ cups water

Mix vinegar and water together in spray bottle. Spray on glass and use a soft cloth or paper towels to wipe clean. Doubles as an everyday shower spray to prevent mold buildup.

## Toilet Bowl Cleaner

- ½ cup baking soda
- ¼ cup dish soap
- ½ cup vinegar
- 1 gallon hot water
- Lemon juice (if desired)

Pour baking soda, dish soap, and hot water into toilet bowl and scrub to clean and disinfect. Pour vinegar on stubborn rings and calcium buildup, then scrub to remove. Use lemon juice to deodorize.

## All-purpose Cleanser for Scrubbing

- 1½ cups baking soda
- ½ cup fragrance-free dish soap

Place dish soap in storage container and gradually add baking soda until completely combined. Use this mixture to scrub sinks, faucets, and tile with a sponge. Rinse and dry.

## Grease Cleaner

- 1 Tbsp lemon juice
- 1 Tbsp baking soda

Mix baking soda and lemon juice. Apply this mixture to grease that is stuck on stove or oven. Let set for one minute. Scrub with sponge.

## Laundry Detergent

- 3 Tbsp borax
- 2 Tbsp washing soda
- 2 Tbsp dish soap
- 4 cups hot water

Place ingredients in a one-gallon jug and swirl until dissolved. Let liquid cool then fill almost to the top with cold water. Use 1 cup per load.

## Fabric Softener

- ¼ to ½ cup vinegar (depending on load size)

Add vinegar to rinse cycle. Or, pour into fabric softener compartment of your washer. Run washer on any cycle as usual.

## Floor Cleaner

- 1 cup vinegar
- ½ cup baking soda
- 1 Tbsp dish soap
- 1 gallon hot water

Slowly mix 1 cup vinegar and ½ cup baking soda together in bucket (this mixture will bubble, but it is not hazardous). Add dish soap and hot water. Use mop or sponge to wipe down floor. Let air dry or dry with towel.

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