

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 germs.



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

- 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 landlord can do to get rid of them and prevent them from invading your home.



SAN MATEO COUNTY HEALTH
**ENVIRONMENTAL
HEALTH SERVICES**



Take away pests' food, water, and shelter

Keep sink and counters free of food and dishes. Clean behind fridge and in cabinets (safe roach hiding spaces). And clean up roach droppings to remove food for young roaches.

Protect food in sealed containers; plastic bags 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 add mold. Remove recycling, compost, and garbage frequently.

We're here to talk to you!

To report substandard housing, contact **Cynthia Knowles** at **(650) 207-3115** or **cknowles@smcgov.org**.



Control mold: reduce moisture and humidity

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

To learn more about **Healthy Homes, Mold Prevention, & Safer Cleaning**: smchealth.org/healthyhome
HealthyLiving: womensvoices.org and ewg.org



Ask your landlord 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.

Repair drips and leaks; seal cracks and gaps around plumbing and deteriorated tub grout.

Maintain gutters so water flows away from your home.

Assure kitchen and bathroom fans function effectively.