

Healthy Housekeeping

Clean Safely

- Reduce clutter in the home. Clutter collects unhealthy dust!
- “Wet Clean”
 - Work wet- mist the area you’re cleaning with water before dusting or sweeping
 - Use a 2 bucket system when mopping- one for soapy water, the other for rinsing.
 - Use a HEPA filtered vacuum if possible.
- Store household chemicals such as cleaning products/bleach/pesticides, out of the reach of
- children. Use a locked cabinet if possible.
 - Never leave household chemicals out, even for a short break.
 - After you are done using a product, immediately close caps and spouts tightly and store the product out of children’s reach.
 - Safely dispose of household chemicals.
- Remove children, toys, and pets from the area you are cleaning before using a household
- chemical.
- Keep doors and windows open when cleaning for good ventilation/airflow.
- Read the label on the household chemical and carefully follow the directions.
- Before using a chemical, locate on the chemical’s label what do to in case of a spill/accident.
- Use the amount of product listed on the directions. Never use more than directed!
- Do not mix household chemical products. Never mix bleach and ammonia.
- Wear gloves/goggles/mask as directed on product label.
- Do not smoke or eat when cleaning with household chemicals.
- Wash your hands when you are done cleaning.
- Consider safer alternatives like baking soda, borax, or “green products.”

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Clean Often

- **Everyday:**
 - **Children's Bedrooms:**
 - Put away toys.
 - **Rest of the house:**
 - Clean up spills and crumbs. Do not leave out uneaten food or leftovers.
- **One time/week**
 - **Children's Bedrooms:**
 - Wash toys with soap and water.
 - Wash and completely dry machine washable stuffed animals
 - Wash bedding in hot water
 - Wet mop non-carpeted floors
 - "Wet Clean" window sills and wells
 - "Wet Clean" furniture (static dust cloth)
 - Vacuum carpets and upholstered furniture
 - **Rest of the house:**
 - Take out the garbage
 - Safely clean bathrooms/kitchen
 - Wet mop non-carpeted floors
 - "Wet Clean" window sills and wells
 - "Wet Clean" furniture
 - Vacuum carpets and upholstered furniture
- **One time/month:**
 - **Children's Bedrooms:**
 - Wash bedspread
 - Wash curtains
 - Wash dust covers (according to their directions)
 - **Rest of the house:**
 - Wash shower curtain

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Household Chemicals

- ❑ Store household chemicals, like cleaning products, bleach, pesticides, automotive products, and paint out of the reach of children- use a locked cabinet if possible. Never leave household chemicals out.
- ❑ If interrupted when using a household chemical (someone at the door, a phone call) first close the container and put it out of children's reach.
- ❑ Read the label on the household chemical carefully.
 - Locate what is in the product, emergency numbers and what to do if there is an accidental poisoning.
 - Only use the amount of product stated on the directions.
 - Wear rubber gloves and use other protective equipment (masks) as stated on the directions.
 - Do not eat, drink, or smoke when using these chemicals, and be sure to wash your hands when you are done!
- ❑ Before using a household chemical, remove children, toys, and pets from the area. Keep children and pets away at least as long as recommended on the label.
- ❑ Keep the room well-ventilated/have good air flow while you are cleaning. Use an exhaust fan, open a window, or open a door.
- ❑ Don't mix different household chemicals.
For example, ammonia and bleach products create a toxic gas if mixed.
- ❑ Store all products in their original container. If that's not possible, label the new container clearly. Never store household chemicals in any kind of food container.
- ❑ Safely dispose of old or leftover products you do not use.
 - Do not pour leftover household chemicals in the storm drain.
 - Bring most household chemicals to the Monroe County Hazardous Waste Program.
- ❑ Do not buy extra household products. You can often do many jobs with just one product.
- ❑ Consider using safer alternatives.

Resources:

- Regional Community Asthma Network of the Finger Lakes: 442-4260
- Get the Lead Out/Action for a Better Community (Resource-HEPA vacuum): 325-5116
- Rochester Fatherhood Resources Initiative (Resource-HEPA vacuum): 235-3160

- The Soap and Detergent Association <http://www.sdahq.org/>
- Children's Health Environmental Coalition <http://www.chechnet.org/>
- Monroe County Household Hazardous Waste Program: 760-7600
- Poison Control Center: 275-3232
- Poison Control Center HOTLINE: 1-800-222-1222
- Websites:
 - American Association of Poison Control Centers <http://www.aapcc.org/>
 - Children's Health Environmental Coalition <http://www.chechnet.org/>
 - Environmental Protection Agency's 'Learn About Chemicals in Your Home' <http://www.epa.gov/kidshometour/>