

Natural Alternatives to Your Cleaning Products



Replacing some of the harsh chemicals many of us have in our households and use on a daily basis can create a safer environment, especially for children. It also has the potential to improve the quality of the air over time, putting your family less at risk for asthma and other respiratory issues.

ALL-PURPOSE CLEANER

Combine vinegar, water and a generous amount of your favorite essential oil- tea tree, lavender or citrus work best- In a spray bottle shake generously until the solution is mixed.

COOKWARE CLEANER

Sea salt and lemon juice will do the trick if you need a stronger substance to get rid of coffee and tea stained mugs, add a little of baking soda and water too.

TOILET CLEANER

Pouring white vinegar around the bowl before scrubbing is more than enough to get shiny results.

GLASS CLEANER

A mixture of vinegar and water will wipe away dirt easily. the best part? No streaks!



Focus on cleaning hard surfaces like:

DOOR KNOBS | HANDRAILS | DESKS | TABLES | FAUCETS
REMOTE CONTROLS | VIDEO GAME CONTROLLERS | TOYS |
COMPUTER KEYBOARDS

Contact Community Health Nursing, if you have any questions or concerns regarding any respiratory illnesses.

(520) 879- 6056 or (520) 879-6119

• WHAT TO CLEAN •

BATHROOM

DISINFECT WITH A MIX OF BLEACH AND WATER.
CLEAN TOILET LEVER, SHOWER FAUCETS, CABINET
KNOBS, DOORKNOBS AND LIGHT SWITCHES.

KITCHEN

DISINFECT ALL THINGS PEOPLE TOUCH: REFRIGERATOR
HANDLES, COFFEEPOT, MICROWAVE, STOVE KNOBS,
FAUCET,. ADD SOME BLEACH WHEN WASHING DISHES
AND UTENSILS.

FAMILY ROOM

CLEAN REMOTES, PHONES, COMPUTER KEYPADS,
DOORKNOBS AND LIGHT SWITCHES.

BEDROOM

CHANGE PILLOWCASES DAILY. WASH SOILED BED LINENS
RIGHT AWAY WITH NON-CHLORINE BLEACH AND HOT
WATER. DISINFECT ALL ITEMS ON NIGHTSTAND

TIPS TO FOLLOW

Follow all manufacturer instructions on all cleaning products
Use a different sponge in each room
Clean first, then disinfect
Wash hands afterward
Wear rubber gloves