



Center for
Urban Responses
to Environmental
Stressors



Indoor Air Quality

FACT SHEET

WAYNE STATE UNIVERSITY | DETROIT, MICHIGAN | WWW.CURES.WAYNE.EDU

Community Resources



**Green & Healthy
Homes Initiative®**
Detroit-Wayne County

GHHI is a collaborative dedicated to creating green, healthy, and safe homes for children and families in Detroit and Wayne County.

To find out if you qualify for the following services call 313-473-7566.

Home Repair Loans

Lead Abatement Grants

Refrigerator Replacement

Free Smoke & Carbon
Monoxide Detectors

Utility and/or Water Assistance

Home Safety Products & Education

Energy Efficiency Education

Asthma & Allergy Management



To learn more about CURES contact Brian Smith at 313-577-5045 or brian.smith9@wayne.edu

Tips For a Healthy Home



Open windows as much as possible. Welcome in fresh air. The EPA finds that indoor air is more polluted than the air outside, no matter where you live.



Use greener cleaners (see back for recipes).



Take shoes off at the door to prevent tracking in outdoor pollutants.



Eliminate use of pesticides inside and out. Use traps and non-toxic sprays.



Cleaning labels that say, "danger," "poison," "flammable," or "toxic" should be avoided.



Antibacterial soaps were banned by the FDA
SOAP + WATER = CLEAN HANDS

Research How can you clean your indoor air? Grow indoor plants. Plants are nature's air filters. NASA has done studies to find out which common indoor plants work best to absorb contaminants such as benzene, formaldehyde and trichloroethylene.

To learn more visit: en.wikipedia.org/wiki/NASA_Clean_Air_Study



CURES is funded by the National Institute of Environmental Health Sciences #P30 ES020957.

TIPS FROM OUR FRIENDS AT THE



Use Greener Cleaners

Combining specific common household ingredients — many of which are food-grade — will save you money. Remember as with any cleaning agent, test on a small spot to be sure you are satisfied with the results. Also be sure to use clean, dry containers. Label any jars containing cleaners you will save for another day.

- Rather than air fresheners or artificial fragrances, use **baking soda** to absorb odors.
- Avoid anti-bacterial soaps and products labeled with claims to “kill germs”.
- **White vinegar** is a food-grade antimicrobial. Spray it on countertops to clean.
- Wash hands for 20-30 seconds with **warm water and mild soap** to remove germs.

RECIPES



ALL PURPOSE SPRAY

- 1 teaspoon borax
- ¼ - ½ teaspoon washing soda
- ¼ teaspoon liquid castile soap
- 10 drops of essential oil (optional)

Put borax and washing soda in spray bottle. Add 8 oz. hot water. Shake to dissolve. Add liquid soap and essential oils. Leave out washing soda if using on fiberglass—it will scratch.

MILDEW ERASER

You don't need harsh chlorine bleach to kill mold and mildew. Instead mix one cup of water with **one** of these:

- 1 teaspoon of tea tree oil
- 1 cup of hydrogen peroxide
- 1 cup distilled white vinegar

OR

- 2 tablespoons borax

GLASS CLEANER

Pour equal amounts of distilled white vinegar and water in a spray bottle. Wipe dry with crumpled newspaper, a lint-free soft cloth, or use a squeegee.



Earth Friendly Shopping Around Detroit

These stores carry non-synthetic fertilizers and non-toxic pest control products.

Allemon's Landscape Center
17727 Mack Ave., 48224
(313) 882-9085

The Cultivation Station
2518 Market St., 48207
(313) 394-0441

DeRonne True Value Hardware
18561 Nine Mile Rd., 48021
(586) 779-5000

English Gardens
22501 Kelly Rd., 48021
(586) 771-4200

Detroit Farm & Garden
1759 21st St., 48216
(313) 655-2344

Home Depot
20300 Kelly Rd., 48230
(313) 245-9216

Meldrum and Smith Nursery
17750 Mack Ave., 48224
(313) 885-5433

Village ACE Hardware
18165 Mack Ave., 48224
(313) 882-9230