



Indoor Air Quality | FACT SHEET

Use

greener cleaners

(see back for

recipes).

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

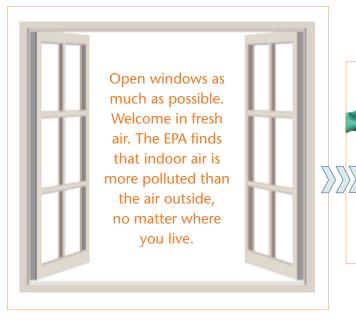
Energy Efficiency Education

Asthma & Allergy Management



To learn more about CURES contact Brian Smith brian.smith9@wayne.edu

Tips For a Healthy Home





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



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



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





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
- Wash hands for 20-30 seconds with warm water and mild soap to remove germs.



1 teaspoon borax

1/4 - 1/2 teaspoon washing soda 1/4 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

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