



10 Essential Anti-Allergy Cleaning Tips That Will Help You Breathe Easy At Home

Description

Experts figure that anywhere from 15 to 20 percent of the U.S. population suffers from allergies and asthma, and their conditions are exacerbated by the tiny dry particles floating around our homes – skin cells and dust – and they are in need of proper anti-allergy cleaning.

The natural response to this fact is to keep our homes fastidiously clean, but, unfortunately, some of the very products we use to rid our home of allergens contain irritating ingredients themselves. The dust mites, mold, and pet dander are major issues for allergy sufferers, but chemical fumes from cleaning products and spray air fresheners can be major detriments to your household's air quality, too.

But if you do nothing else, focus on two things: Clean like Grandma and focus on upholstery. We break each of these down below.

Anti-Allergy Cleaning Like Grandma Does It

Baking soda and vinegar are the wonder twins of the natural cleaning world. Your grandparents and great-grandparents used homemade solutions made from these products to keep their homes spotlessly clean for a minimal cost and at minimal hazard. If the smell of vinegar bothers you, add some drops of lemon juice to your solution, or simply try to wait it out. The smell dissipates naturally after an hour or so.

1. Toilet cleaning: Most toilet cleaners use very strong chemicals like hydrochloric acid or chlorine. Undiluted vinegar works just as well and won't put a bunch of harsh chemicals in the air.
2. Cleaning surfaces: Use a spray bottle that contains one part vinegar and one part water to naturally disinfect countertops and other surfaces. Note: do not use on marble; specific cleaning products are required for marble surfaces.
3. Fight nasty odors: Mix some baking soda and water and apply to a microfiber cloth for scrubbing dirt and stains.
4. When you can, avoid using cleaning products altogether. For example, all that's needed for efficient dusting is a good, clean microfiber cloth.

5. If you have to use a cleaning product with strong, chemical ingredients, wipe down the surface you applied it to with water afterward.

Relentlessly Cleaning Carpets and Upholstered Surfaces Is Critical To Anti-Allergy Cleaning

Many modern homes contain wall-to-wall carpeting, and while it may be pretty and pleasant to bare feet, carpet is a haven for allergens. If you can, lose the carpet. If you can't, or don't want to, you will have to aggressively clean your floors to reduce the number of dust mites and other allergens who call carpet home.

1. To reduce the amount of pollen coming into your home and sticking into the carpet, mandate a no shoes indoors policy for all, including visitors.
2. Each day, vacuum high traffic areas with a specialized allergen-busting vacuum. Vacuum other areas every few days at least. Do not neglect bath mats or area rugs.
3. If you do a deep clean of your carpets, dry them as quickly as possible afterward.
4. Dust mites love the steady supply of sloughed-off skin cells found in bedding. Wash bedding at least once a week to control the dust mite population in your pillows and sheets.
5. Keep pets off of the furniture and out of your beds, especially overnight.

There's a lot more allergy cleaning that can be done by a professional, like cleaning out your air ducts, HVAC cleaning, and regular deep cleaning, but the anti-allergy cleaning tips above are the ones that we recommend if you are trying to maintain an allergy-free home on your own. But if are in New York City and would like a professional anti-allergy cleaning service, [contact us for a free price quote](#) and consultation.

Category

1. Uncategorized

Date Created

April 3, 2022

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