

Calendar of Clean

May is...

- **Clean Air Month**
<http://www.lungusa.org>
<http://www.kidscoop.com/resources/cleanair.html>
- **More Than Just a Pretty Face Month**

June is...

- **Perennial Gardening Month**
<http://www.perennialplant.org>
- **National Handshake Day: June 28**
- **National Safety Month**
<http://www.nsc.org/nsm>

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On the Attack Against Allergies and Asthma Cleaning strategies to help manage allergens

While you can't control the asthma and allergy triggers, like pollen, that occur outside your home, you can control the inside ones: dust mites, mold and mildew, animal dander and cockroach droppings.

A 2001 study by the Children's Hospital Medical Center of Cincinnati, published in the Journal of Pediatrics, said the elimination of household allergens could result in a nearly 45 percent decrease in asthma among children aged six to sixteen. If someone in your home suffers from allergies or asthma, spring is a good time of year to rally the Family Clean Team! The goal, says Nancy Bock, Vice President, Consumer Education at The Soap and Detergent Association, is to start a regular cleaning program specifically aimed at controlling these indoor allergens.

Bedroom Brigade

Dust mites in the bedroom are the number-one problem for those with allergies and asthma.

- Wash sheets and pillows weekly.
- Launder blankets, comforters and mattress pads at least four times a year.
- Encase pillows, comforters and mattresses in allergen-impermeable covers to reduce exposure to dust mites.

Mildew Militia

It's easy to spot mold and mildew in tile grout and on shower curtains, but they can also hide under sinks, around window frames and sills, and where the tub or shower meets the floor.

- Clean these surfaces with an appropriate cleaner that kills mold and mildew. For shower stalls, bathtubs and painted or aluminum surfaces, use a tub and tile cleaner or nonabrasive, all-purpose cleaner. For unpainted wood surfaces, use a wood cleaner.
- Disinfect using a disinfectant or antibacterial disinfectant cleaner that kills mold and mildew. Re-use as directed by product's label to prevent mildew's return. Note that a disinfectant product must be in contact with a surface from 30 seconds to 10 minutes to work properly.

Vacuum Platoon

Because carpets are home to generations of dust mites, vacuuming is key to allergen reduction.

- Use an upright vacuum or a canister style with a power nozzle. They pick up two to six times as much dust from a rug as canisters without a power nozzle.
- Vacuum carpets at least once a week , more if you have a pet or if it's allergy season.
- If possible, have a nonallergic person do the vacuuming. Otherwise, wear a dust mask; wear swimming goggles if eye allergies are a problem.
- Launder washable rugs weekly.

Food Fleet

Food and water invite cockroaches , and cockroach remains and droppings are allergens. Don't let dishes pile up in the sink or on the countertop. Clean up food spills, crumbs and liquids right way. Use a nonabrasive, all-purpose cleaner to remove food and grease from stovetops and other appliances.

Using Enzymes the Right Way

SDA provides guidance for manufacturers of consumer products

Under the auspices of The Soap and Detergent Association, the laundry products industry has implemented a product stewardship program to promote the safe use of enzymes in the workplace and by users of their products. A key component of this program is "Risk Assessment Guidance for Enzyme-Containing Products," a 58-page guide to managing the safety of enzyme-containing products used by consumers.

The Benefits of Enzymes

Enzymes are proteins that act as catalysts to increase the rate of chemical reactions. When used in consumer products such as dishwasher detergents and laundry detergents, enzymes have many benefits.

- They break down certain materials into their basic components so that stains containing these materials are easier to remove. For example, protease enzymes in laundry detergents help break down the proteins in protein-based stains such as egg, blood, grass, baby formula, dairy products, chocolate and body fluids. Other types of enzymes work similarly for starch-based and fat-based stains.
- Enzymes can improve the appearance and feel of fabrics.

- In automatic dishwasher detergents, enzymes help dissolve food and soil residue into small particles that are easier to wash away.
- Products that contain enzymes generally work effectively at lower water temperatures and in shorter amounts of time than nonenzyme products. This conserves both water and energy.

Importance of Risk Assessment

Enzymes have the potential to improve efficiencies and provide previously unavailable benefits to cleaning products. In recent years, the use of enzyme technology in consumer products has increased significantly outside the cleaning products industry and the number of applications in which enzymes are being incorporated is continuing to expand. Much of the information about enzymes for laundry applications is relevant for other finished products, including those in the cleaning and personal care markets.

Cleaning products containing enzymes have generally good safety profiles when used as directed. However, enzymes, like some other proteins, can in specific cases act as allergens. Cleaning products containing enzymes have been formulated to be safe. As always, consumers should practice safe and proper use of any cleaning product.

For more information, go to www.cleaning101.com/newsroom/01-03-06.html

Stains on the Job

Terminating those workplace stains

Whether your office is down the hall or down the highway, stains are an unavoidable part of the office landscape. They appear unannounced – no appointment necessary! Nancy Bock, Vice President, Consumer Education at The Soap and Detergent Association offers a plan of action that yields big dividends. Before you begin, check the fabric care labels to be sure an item is washable. If it is dryclean only, take it to a professional cleaner and let them know the source of the stain.

Correction fluid: There are two types of correction fluid – water-based and petroleum-based. Before attempting to remove the stain, check the product label to see which type you are dealing with. If you aren't sure, contact the manufacturer or visit their website before tackling the stain. If you can't find the information, take the item to a professional drycleaner.

- **Water-based:** Scrape off any excess fluid. Working from the back of the fabric, flush the stain under warm running water. Mix a solution of one part liquid dishwashing detergent to one part warm water. Sponge the stain with the detergent solution, tamping it vigorously. Rinse. Repeat until you have removed as much of the stain as possible. Pretreat with a prewash stain remover. Launder, using the warmest water that's safe for the fabric.
- **Petroleum-based:** Let the stain dry thoroughly. Gently brush off excess fluid with a clothes brush. Send the item to professional drycleaner and mention the type of stain.

Toner: Don't attempt to brush off the toner powder. That will only grind it further into the fabric. Instead, vacuum, blow off or shake off any loose toner. Sponge with liquid laundry detergent. Dab the stain. Launder in cold or warm water. Never use hot water – it will set the stain.

Ink: Place the stain face down on clean paper towels. Sponge the area around the stain with denatured alcohol. Then sponge the stain itself, transferring the ink to the paper towel. Replace the paper towels frequently and continue sponging until no more ink is transferred. Rinse thoroughly. Launder. Note: Some inks are permanent, which means they are impossible to remove.

Pencil: Using a soft eraser, gently rub off as much of the pencil mark as possible. Pretreat with a prewash stain remover. Launder.

Coffee, tea and soft drinks: Sponge the stain with cool water or soak the item for about 30 minutes in cool water. Pretreat with a prewash stain remover. Launder, using chlorine bleach, if safe for the fabric, or oxygen bleach.

Gardening Stains

Cleaning up after getting down and dirty

Now that gardening season is here, your first harvest is probably a bumper crop of stains. Grass stains, pollen, mud and dirt are byproducts of around-the-garden cleanup. And tidying up the outside of the house can also reap paint and rust stains.

To weed them out, here are some tips from The Soap and Detergent Association.

Grass: Pretreat or presoak stains using a liquid laundry detergent or a prewash stain remover. Follow the directions on the product's label. Launder, using the hottest water that's safe for the fabric. If the stain persists, launder again using chlorine bleach, if safe for the fabric, or oxygen bleach.

Mud and dirt: Let the mud dry thoroughly. Brush off as much dry mud/dirt as possible. Pretreat with a paste of powder detergent and water, liquid laundry detergent or a liquid detergent booster. Launder. For heavy stains, pretreat or presoak with a laundry detergent or a presoak product. Launder, using the hottest water that's safe for the fabric.

Paint, water-based: Rinse the fabric in warm water while the stains are still wet. Then launder. Once the paint is dry, it can't be removed.

Paint, oil-based: Treat the stain while it is fresh. Use the same solvent that the label on the paint can recommends as a thinner. If the label isn't available, use turpentine. Read the garment care instructions and **test the solvent on an inconspicuous area of the garment before treating the stain.** Rinse. Pretreat with prewash stain remover or laundry detergent. Rinse and launder.

Pollen: Gently shake the stained item to remove as much pollen as you can. Then use the sticky side of a piece of tape to lift off the remaining particles. Pretreat with a prewash stain remover. Launder using chlorine bleach, if safe for the fabric, or oxygen bleach.

Rust: Use a commercial rust remover, available in supermarkets and hardware stores. These products contain toxic acids, so be sure to read and follow the label directions carefully. Never use chlorine bleach or a product containing chlorine bleach on a rust stain. It will permanently set the stain.

SDA's Consumer Education Programs

Educating consumers for 80 years!

The Soap and Detergent Association (SDA) is the Home of the U.S. Cleaning Product and Oleochemical IndustriesSM, representing manufacturers of household, industrial and institutional cleaning products; their ingredients and finished packaging; and oleochemical producers. Nancy Bock, Vice President, Consumer Education, says that our reputation as the trusted and preferred source of information for consumers allows us to reach and teach millions of consumers each year!

SDA's strength lies in the shared expertise of cleaning experts from more than 100 companies. Each day, consumers, educators and the media contact SDA with questions about the safe, effective and responsible use of household cleaning products. Answers to these questions allow industry experts to strengthen public consciousness of the beneficial role cleaning products play in our everyday lives.

It's no secret that millions of consumers have benefited from SDA's educational programs and outreach activities over the years. Now more than ever, the industry is committed to improving lives through scientific research and educational programs related to personal and home hygiene. As the association moves beyond its 80th year, its function will remain critical to the health and wellbeing of individuals and families.

The SDA website (www.cleaning101.com) features extensive information about laundry, dishwashing and household cleaning products, as well as reports on environmental and safety issues. Be sure to bookmark the site for future reference on health and hygiene issues!

After the Prom Is Over

Removing after-prom stains

When Cinderella's beautiful ball gown disappeared at the stroke of midnight, the makeup stains on her dress magically vanished, too.

In the real world, there's no fairy godmother to banish those after-prom stains, but fortunately Nancy Bock, Vice President, Consumer Education at the The Soap and Detergent Association, has some advice. Before you begin, check the fabric care labels. Some items, such as shawls, pocket handkerchiefs or dress shirts may be washable, but tuxedos and most prom dresses are dryclean only.

Deodorant: Check to see if the stain has changed the color of the fabric. If so, apply ammonia to fresh stains; white vinegar to old ones. Then, rinse. The next step (or the first step, if there's been no color change) is to use a prewash stain remover. Launder using the hottest water that is safe for the fabric. Stubborn stains may also respond to oxygen bleach in the hottest water that is safe for the fabric.

Makeup: Pretreat with a prewash stain remover or liquid laundry detergent. Launder in the hottest water that's safe for the fabric.

Lip balm and lipstick: Pretreat the stain with a prewash stain remover or liquid laundry detergent, and then wash in warm water. Line or air dry. If the stain remains, repeat the procedure. Use chlorine bleach in the wash, if it's safe for the fabric.

Perfume: Pretreat with a prewash stain remover or liquid laundry detergent. Launder in the hottest water that's safe for the fabric.



Nancy Bock, Vice President, Consumer Education talks to FCCLA Advisers in the SDA booth during the 2005 Leadership Conference.

Meet SDA

Visit SDA at an upcoming conference

- June 22-25: American Association of Family and Consumers Sciences 2006 Annual Conference and Expo, Charlotte, NC
- June 30-July 1: National Association of School Nurses 38th Annual Conference, New York, New York
- July 9-13: Family, Career and Community Leaders of America, Nashville, TN

SDA will be an exhibitor at all of these meetings and we encourage you to drop by our booth to learn more about our program and activities!

In celebration of SDA's 80 Anniversary, every issue of Cleaning Matters in 2006 will highlight a bit of SDA's history.

SDA'S HISTORY, THEN AND NOW...

Spotlight: Educational Publications

Since 1931, The Soap and Detergent Association has made a publication catalog available to millions of consumers and educators who are interested in greater cleanliness. Then and now, the publications are designed to be of special assistance to leaders in the fields of education, health, social service, home management and industrial fields. This service continues to demonstrate the Association's commitment to better hygiene and cleaner, healthier environments in homes, schools and communities.

Today, educational brochures are available on cleaning practices relating to asthma, hand hygiene and surface, dish and fabric care. Materials are written by industry efforts and are free to the public. For more information visit www.cleaning101.com or send an email to info@cleaning101.com.



Then, 1931.



Now, 2006.

Cleaning Questions? *Ask Nancy!*

Q: Does club soda really help remove stains?

A: While many people sing the praises of club soda as a stain remover, there is no scientific evidence that it is any more effective than plain tap water. Its good reputation probably comes from the fact that when there's a party in full swing, it's easier to grab a bottle of club soda than it is to run to the sink. The fact that the stain is promptly sponged is what does the trick. As with all stains, use the appropriate cleaning product for best results.

Q: I have two garments that look the same and have the same fabrics. Why does the care label on one say "dry clean only" and the other says to "hand wash in cold water"?

A: Fabric is not the only factor to be considered in a garment's care. While the fabric itself may be washable, other components such as buttons, trims, decorative embroidery or linings might not be. In addition, interfacing (which is not visible on the outside of the garment) might not be washable – either because of the fiber content or because it was not preshrunk in the manufacturing process.

– Nancy Bock is Vice President of Education for The Soap and Detergent Association

Clean Ideas: Handshakes and Sniffles

Good hand hygiene helps keep spring colds from spreading

The Fabulous Four – four types of products for cleaning your hands and four steps for proper hand cleaning – add up to good hand hygiene. Handwashing is an excellent way to help stop the spread of colds and flu.

The Products

Select the hand hygiene product that best suits your needs and circumstances.

1. Bar soaps: Designed to clean the skin by removing dirt and oils.
2. Liquid or foaming hand soaps: Designed to dispense a single "dose" for cleaning hands.
3. Hand sanitizers: Designed to kill germs on hands that are not visibly dirty; no water or towels required.
4. Wipes: Designed to wipe away dirt from hands.

The Procedure

When soap and running water are available, here's how to clean those hands.

1. Wet hands with warm running water. Then apply soap.
2. Rub hands together vigorously to make a lather and scrub all surfaces. Continue for 20 seconds, which is about how long it takes to sing "Happy Birthday" twice.
3. Rinse well under warm, running water.
4. Dry hands thoroughly using paper towels or an air dryer. If possible, use paper towels to turn off the faucet.