

Cleaning Matters

March/April 2004

Tips and Trends from The Soap and Detergent Association

Zap Allergens!

Spring cleaning help for allergy and asthma sufferers

Spring cleaning makes our homes look great! It also creates a healthier environment – particularly if anyone in the household suffers from allergies or asthma, says The Soap and Detergent Association. Help for allergy and asthma sufferers is here!

What Are Allergens?

The common allergens in our homes (animal dander, cockroaches, dust/dust mites, mold/mildew, and pollen) are a serious problem for people with allergies and asthma. Allergens are often airborne and may be widespread, making them difficult to avoid. They collect in bedding, furniture, carpeting, and wherever there's warmth and moisture. If they're not removed, they'll accumulate, causing an even greater threat.

Cleaning Removes Allergens!

When done properly, cleaning removes or reduces common allergens. When done regularly, cleaning stops allergens from accumulating, which helps minimize allergy and/or asthma symptoms.

While cleaning is important, simple acts of cleaning, vacuuming, and dusting stir up the air and increase the level of allergens in the immediate vicinity. And, just as with other airborne particles, cleaning products can trigger a response in some allergic or asthmatic people. However, particles from cleaning products remain in the air for only a short time, whereas allergens will continue to accumulate if they aren't removed.

How to Minimize Reactions

- **Be label wise.** Read and follow product label directions. They tell you the proper amount of product to use, how to safely use the product, and special precautions you should take.
- **Explore your options.** If fragrances are a concern, look for cleaning products without scents.



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SDA on the Radio!

The Soap and Detergent Association will be a guest on the "Ask Heloise" radio show, Saturday, March 20, 2004 at 11:30 a.m. For more information, check your local listings or visit www.heloise.com/radioshow.html.

March is Poison Prevention Awareness Month

For more about poison prevention, see page 2. Also, visit the SDA Web site at: www.cleaning101.com and the National Poison Prevention Week Council Web site at: www.poisonprevention.org.

- **Air it out.** Open a window or turn on a fan so you're cleaning in a well-ventilated area. When done, leave the area until everything settles down.
- **Spray smart.** Don't spray cleaner directly on surfaces. Instead, spray onto a cloth first; then clean. This traps particles, rather than dispersing them in the air.
- **Divide and conquer.** Divide housecleaning into small tasks spread out over several days. This can minimize exposure to airborne allergens and cleaning products.

News Flash

Poison Prevention Now!

Good poison prevention practices help save lives

Despite our best efforts, sometimes unintentional poisonings happen. In fact, every year in the U.S., nearly **2.5 million** poison exposures are reported. And, children and youth under age 19 suffer **66%** of these exposures. To help prevent unintentional poisonings, The Soap and Detergent Association offers important tips for using household cleaning products safely.

Use Safely

- **Schedule routine cleaning with kids in mind.** Choose times when small children aren't around or when they're napping.
- **Read and follow product label directions.** Don't mix products – harmful gases can be released.
- **Never remove product labels.** The precautions, first-aid instructions, and ingredients will be important if there's an emergency.
- **Take out only the amount of cleaning product needed.** Put the rest away, so nothing's left out to tempt curious toddlers or pets.

Store Safely

- **Lock products up.** This location should be away from children, pets, or food.
- **Store products in their original containers.** If you put products in food or beverage containers, someone might eat or drink them by mistake.
- **Close container caps securely.** Products with more potential hazard, such as some oven or drain cleaners, come with child-resistant packaging. However, unintentional poisonings can still occur if the package isn't closed properly.

Dispose Safely

- **Carefully dispose of empty cleaning containers.** To protect children, pets, and garbage handlers, replace caps first, then discard in a sealed recycling bin or garbage container.

For more about poison prevention or if you think someone has been poisoned from medicine or a household chemical, call the Poison Control Center's nationwide, toll-free hotline at: **1-800-222-1222**.

Blossoming Bedrooms

Clean and fresh for the season

A room springs to life when it's clean! Here's how to bring your bedroom into the springtime light, courtesy of The Soap and Detergent Association.

Fresh bedding. Launder comforters, sheets, blankets, and pillows. Read and follow care label instructions.

Sunny windows. For sunshine-ready windows, clean them with an all-purpose glass cleaner. Launder or dry clean the window treatments. Or, you can give them a good vacuuming. Then apply a fabric refresher to remove odors. First, test product on an inconspicuous spot to make sure it's safe for the fabric.

Shiny furniture. Trap the dirt with furniture wipes that are pre-moistened with polish or cleansing conditioners.

Fine floors. Vacuum carpets. Use a carpet deodorizer to remove odors. Clean hard-surface flooring with dry, disposable floor wipes or use an all-in-one mopping unit.

Scent of spring. Bring the scent of spring into the bedroom. Choose cleaning products with soothing fragrances. Add scented candles to the bedroom's decor.

Refrigerator Recipe

Whip up a clean fridge this spring!

Here's something to add to the collage of artwork and photos on your fridge – a recipe for cleaning it! It's perfect for spring and all from The Soap and Detergent Association.

Supplies:

- Garbage bags
- Dishwashing detergent
- Sponge
- Glass cleaner
- Cooler with ice
- All-purpose cleaner
- Bucket of warm water

Directions:

1. Toss food that's old or that has freezer burn in garbage bags.
2. Unplug the refrigerator; remove the remaining food. Wipe off containers with a sponge as you remove them. Store perishables (especially meats) in a cooler with ice.
3. Remove and clean glass shelves with warm water and dishwashing detergent or a glass cleaner.
4. Clean the interior and gaskets around the doors with warm water and dishwashing detergent. Use a non-abrasive, all-purpose cleaner for stubborn interior stains.

Order Form

SDA Asthma Fact Sheet

Get ready for World Asthma Day in May. The SDA Asthma fact sheet offers up-to-date information on asthma. It features statistics, a wealth of resources, and helpful tips for controlling asthma triggers.

Please send _____ (up to 50 free copies) of the Asthma fact sheet to:

(For larger quantities, send email requests to vevans@cleaning101.com)

Name _____ Title _____

Organization _____

Address _____ City _____ State _____ Zip _____

Phone _____ Fax _____ Email _____

How will these materials be used/distributed (REQUIRED) _____

Return orders to:

CM Brochures — The Soap and Detergent Association (SDA)
1500 K Street NW, Suite 300
Washington, D.C. 20005

Fax: (202) 347-4110

Phone: (202) 347-2900 x528

Email: order@cleaning101.com

View this fact sheet at www.cleaning101.com

Highlights

Clean Homes ... Healthy Families Award

Enter SDA's award program that recognizes NEAFCS members for their innovative educational programs that help families and individuals understand the link between clean homes and good health.

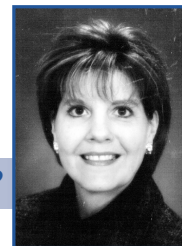
Award: Two Family and Consumer Sciences county professionals or team will be honored with a cash award of \$500, a tabletop award, and recognition in an upcoming issue of *Cleaning Matters* and on the SDA Web site.

For more information, visit www.neafcs.org/awards.

New Resource

If you field questions from consumers about household cleaning products, you need SDA's new Company Contact Guide. It's a listing of Web sites and toll-free numbers for SDA's member companies who produce household cleaning products. To receive a copy, send requests to info@cleaning101.com.

Cleaning Questions?



Ask Nancy!

Q: What's the proper way to wash pillows?

A: It's important to note that regular laundering of pillows removes many dust mites and their allergens. Launder pillows weekly. Wash two pillows at a time, agitating only one to two minutes on a gentle cycle. Dry pillows in the dryer. During the drying cycle, periodically take them out and fluff them to prevent clumping and to promote even drying.

Q: I always have water spots on my glassware after washing it in the dishwasher. How can I prevent this?

A: The spots may be caused by mineral-rich hard water. That's why a rinse agent is especially helpful in rinsing away residue that hard water may leave behind. This means fewer water spots! An added bonus is rinse agents also help dishes dry more quickly.

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



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Clean Ideas

The Cure for *House-i-tosis*!

Tips for a home sweet home

1. Ditch the dirt. Forgot about that bag of dirty clothes in the corner? Get rid of dirt and odors by laundering the clothes using your favorite detergent.

2. Freshen beds. To add freshness to your bedding, place scented dryer sheets into unsealed envelopes. Then, fold them into the sheets before storage.

3. Refresh it! Use fabric refreshers to neutralize odors in upholstery, curtains, and carpets (after vacuuming).

4. Toss and clean. Throw away old food and ice in your refrigerator and freezer. Along with spills, they can cause odors. Clean your refrigerator and freezer regularly using a non-abrasive, all-purpose cleaner.

5. Zap mold and mildew. Use a cleaner that's specially formulated to remove mold and mildew in the bathroom. Follow the label directions.

6. Scent-alize! For sweet-smelling toilets and trash bins, clean them with a scented, all-purpose cleaner. Choose from lemon, orange, eucalyptus, rosemary, and more!

7. How sweet it is! Use scented candles, air fresheners, or potpourri in rooms that attract the most odors, such as kitchens and bathrooms.

For more information, visit: www.cleaning101.com

About Us

SDA, the home of the U.S. Cleaning Products Industry, is dedicated to educating the public about the safety and benefits of cleaning products and practices and protecting the ability of our members to formulate products that best meet consumer needs.