

# HOW TO CREATE AN ALLERGY- PROOF HOME

Jessica Martin



## **Abstract**

Creating an allergy-proof home involves implementing strategies to minimize allergens and irritants that can trigger allergic reactions. Start by regularly cleaning and vacuuming to remove dust mites, pet dander, and pollen. Use allergen-proof covers on pillows and mattresses, and wash bedding frequently in hot water. Maintain low humidity levels to discourage mold growth, and use air purifiers with HEPA filters to trap airborne allergens. Keep pets out of bedrooms and off furniture, and consider removing carpeting in favor of hardwood or tile floors. Minimize clutter to reduce dust accumulation, and choose hypoallergenic furnishings and cleaning products. These steps can help create a healthier environment for allergy sufferers within the home.



### **1. Introduction**

Another crucial step in creating an allergy-proof home is to regularly inspect and maintain heating, ventilation, and air conditioning (HVAC) systems. Change air filters frequently, ideally every one to three months, to prevent the circulation of allergens throughout the house. Seal any gaps or cracks in windows, doors, and walls to prevent outdoor allergens from entering the home. Additionally, consider using a dehumidifier in damp areas like basements to prevent mold growth. By addressing these key areas, you can significantly reduce allergens and create a more comfortable living environment for everyone in your home.

## 2. Reduce Dust In Your House



If it feels like you're losing the battle against dust in your home, put down your feather duster. Instead of just cleaning more, there are some easy solutions to reduce that thin layer of dust that keeps covering all the surfaces around you.

We've rounded up the best tips and tricks to breathe easier and enjoy a dust-free home (or at least a lot less dust), including products, cleaning routines and decor.

### 1. Don't Dry Dust

Make the most of your clearing and dusting routine. Always clean from the top of the room to the bottom and to really get rid of dust, ditch the dry duster or rag. Dry dusting just pushes the dust off one surface and allows it to stick to another.

"Dust and wipe surfaces with a damp cloth instead of dry dusting," says Sharon Garcia, a professional commercial cleaner who is known as the CEO of Cleaning on Instagram and TikTok. "This helps to trap and remove dust particles effectively."

Not only will dusting with a damp cloth remove more dust, but it lets you extend the time between cleanings.

### 2. Put Down Doormats Inside and Outside

Every time someone enters your home, dirt catches a ride on their shoes. Even if you can't see it, the dirt eventually breaks up into particles that create dust in your home. To catch the dirt before it makes a mess, lay out doormats inside and outside your home. During your

weekly cleaning routine, be sure to shake out these rugs to remove all of the trapped dirt and debris.

### **3. Up Your Pet's Grooming Routines**

We know that you love and adore your pet, but your four-legged friend is probably a major culprit in creating the extra dust in your home. If clumps of fur start to look like tumbleweeds on your floors, it's time to give your pet extra grooming time.

Getting your dog or cat on a more frequent grooming schedule can help reduce their shedding. This could be regular brushing and baths from you or a professional. Also putting a mat under their food and water bowls and a lid on a litter box helps to reduce dust in those areas of your home. All these steps leave you more time to snuggle your pet instead of cleaning up after them.

### **4. Ditch the Wall-to-Wall Carpet**



A soft and plush carpet may feel great on your feet, but wall-to-wall carpet is a dust magnet. Even with regular vacuuming, it's hard to keep carpet dust-free. Plus the fibers create more dust over time. If you're ready for a renovation in your home that will reduce dust, it's time to rip up the carpet.

Opt for other flooring types: hardwood, laminate and tile that are easier to keep clean, and area rugs that can be washed in a washing machine or taken outside to dust. If the carpet has to stay, consider hiring a professional to deep clean the carpet twice a year.

## 5. Install a Whole-House Humidifier

A whole house humidifier won't get rid of dust but it can help reduce the amount of dust in your house. It works with a bit of science: Dry air can increase the dust in your home because it creates a buildup of static electricity. This buildup makes more dust and allows it to cling to surfaces around your home. However, if you increase the moisture in the air with a humidifier, dust particles become heavier and fall to the ground.

## 6. Check Your Window Coverings



According to Garcia, heavy drapes commonly collect more dust, which is why blinds or washable curtains might be the better choice.

“Cleaning blinds at home can be a breeze with the right products and a simple step-by-step approach,” says Garcia.

### Mix Your Cleaner

She suggests starting with a multi-purpose cleaner and mixing about 1/8 cup of the cleaner with a gallon of water, ideally in a bucket or big container.

### Spot-Treat More Noticeable Stains

“For stubborn spots or stains, apply a bit more pressure with the sponge to scrub them away. Be careful not to scrub too vigorously, as it could damage the blinds,” Garcia continues.

### **Finish With a Damp Cloth**

Garcia recommends following up this task with a clean, damp cloth to remove any residual solution.

### **7. Don't Forget to Dust Ceiling Fans**

“Ceiling fan blades often play a sneaky game of hide-and-seek when it comes to cleaning,” says Sharon. “They reside high above, quietly accumulating dust and dirt.”

One popular cleaning hack is to place an old pillowcase over the blade one at a time. Pull the pillow case off the blade and trap all of the dirt and dust inside the pillowcase. Put this cleaning trick into your weekly rotation to prevent dust from building up.

### **8. Clean Your Bedding Weekly**

Your cozy bed is a dust-making machine. From the sheets, pillows and blankets to your skin particles that shed while you sleep, it can be icky to think of all the dirt and dust in your bed. In order to eliminate it, you'll want to increase your laundry routine.

“Regularly changing and washing your bedding in hot water is essential to eliminate dust mites and minimize dust buildup in your home. This simple practice contributes to a healthier and cleaner sleeping environment,” says Garcia. Be sure you are changing your bedding once a week and deep-clean pillows and comforters seasonally.

## **3. Improve Indoor Air Quality for Better Breathing**



You may not think much about the air quality inside your home if you are primarily asymptomatic. But the truth is air quality can have a much more significant impact on your health than you realize. Some symptoms of unhealthy indoor air quality include headaches, irritation of your ears, nose, and throat, and dizziness, among others—but more severe effects can include cancer and respiratory diseases.

A quality air purifier is one way to improve air quality in your home. Alternatively, you can get a cooling fan that also functions as an air purifier. However, you should keep a three-pronged approach in mind: Filter the air, introduce fresh air, and manage humidity, experts say. Here are 12 ideas for improving indoor air quality, whether you or someone in your home has allergies or environmental conditions outdoors are causing poor air quality inside.

### **Remove obvious air pollutants.**

"In general, people spend about 90 percent of their time indoors, according to data from the Environmental Protection Agency. And the quality of the air we breathe that 90 percent of the time (or more) is crucial to our overall well-being," said Steven Haywood, MD, a former respiratory therapist turned board-certified emergency medicine physician.

"The first step to better air quality is to remove anything from your home that is causing your indoor air quality to degrade," said Peter Mann, founder and CEO of Oransi, a North Carolina-based air purification company. This may or may not be easy. For example, if you have cleaning supplies, paint, or other chemicals in the house, simply move them to the garage and out of your main living area.

### **Bring in fresh air.**



However, Mann says that improving the air quality in your home can be as simple and quick as opening ventilation windows. Sometimes, that's not always practical, depending on the weather, humidity, pollution, pollen levels, and other local factors outside. However, if you can, anytime you feel the air is stuffy inside, just open up a window for a while and let some fresh air in!

### **Update your thermostat.**

"A thermostat that can push air around your home when you're not using the heat or AC is ideal. Look for one with a circulating mode," says HVAC professional Joseph Wood, founder of Boston Standard, a heating, air conditioning, and plumbing company.

Some circulating thermostats will run your indoor fan for 20 minutes every hour, while others may allow the fan to run continuously at a reduced speed for constant airflow. If you have a smart thermostat, you may also be able to turn on the fan manually from your phone when you need some extra circulation.

### **Run bathroom or kitchen exhaust fans.**

Running a bathroom or kitchen exhaust fan may sound extreme (and maybe a little annoying, as the sound can be grating), but this step can help improve indoor air quality by removing stale, humid air from the home.

"This feature will constantly draw air out of the home, thereby drawing fresh air in to replace it," Wood said. If you don't want to run the exhaust fan constantly, focus on running it for an extra 20 minutes after a shower or when your home needs a refresh.

### **Maintain your dehumidifier.**

Moist air can be great for indoor air quality, but too much of a good thing can have the opposite effect. Ideally, you want to maintain an indoor relative humidity between 30 and 50 percent.

"Take care of your dehumidifier, and keep it clean and running throughout the humid season in your area," Wood said. For example, in the Northeast, April through October would make sense; it would be sensible for Floridians to run dehumidifiers all year long to remove sticky air.

### **Add humidity in winter.**

"Keeping your home at an ideal humidity level will help you maintain a healthy air environment in Canberra. In the summer, you will likely need a dehumidifier to help. However, a humidifier is beneficial during winter when the air is typically dry. So whether

moist air is delivered via a portable or professionally installed system, humidifiers are recommended to help improve overall air quality," Wood said.

### **Buy a quality air filter.**

"It makes sense that higher-quality air filters will capture more particles. However, the catch is that smaller particles will cause the filter to clog faster, requiring more frequent replacement," Wood said.

He recommends changing your air filter every 30 days or so (or if you have a larger capacity filter, every six months). Keep replacement filters on hand so you have them when you need them.

### **Limit scented items.**



We hate to break it to you, but Mann says that those scented candles, air fresheners, diffusers, etc., that you love can contribute to the poor air quality inside your home. Some scented products contain harmful volatile organic compounds (VOCs)—such as formaldehyde, benzene, and toluene—that can be hazardous to your health.

Excess exposure to harmful VOCs can cause headaches and irritation to your eyes, nose, and throat. Many cleaning, disinfecting, cosmetic, degreasing, and hobby products contain VOCs, too. Avoid these products whenever possible, and when you can't, ensure you thoroughly ventilate your home.

### **Get houseplants.**

Air-filtering indoor plants aren't only a great way to add life and visual interest to any space—they may also help to increase oxygen inside your home and purify the air. They do this by helping to filter the pollutants that originate from inside your home.

"Some plants are able to filter out harmful chemicals and VOCs from wood, cleaning products, furniture, trash, carpets, natural gas, and more," said Dakota Hendrickson, co-founder of Filti, a filtration technology company based in Kansas City, Mo.

## **4. Try Natural Pest Control and Prevention**



When you start searching for 'pest control' recommendations, you're likely to find all kinds of harsh chemical products, articles filled with misleading info, and images of people spraying pesticides around their homes.

But how do you protect your home from pests without the use of harsh chemicals? What are the safest and most effective ways to find pests and keep them outside and away from your house? This simple guide will help you know exactly what steps you should take to start managing and preventing pest populations around your home.

### **Be Careful Where You Get Pest Information**

Not all pest resources are created equal, and many pest control company websites are actually written by marketing pros, not pest professionals. Unless the site you're using was written by a professional with pest control experience, be wary of their recommendations,

especially ones that involve the application of products (even natural ones like diatomaceous earth and essential oils).

### **Think Like a Pest**

Before performing your own pest control, it's important to get into the right mindset. Approach pest control with patience and understand that it might take some time to get control of an issue. Pest control is a long-term goal, not a short-term fix.

Start by thinking about your pest issue. Think about when the activity started, where you're seeing it, what time of day the pests are active, and what could be attracting the pests to your home in the first place.

Depending on the pest, you're going to need to be prepared to get dirty, climb ladders, access small, dark spaces like the attic or crawlspace, and potentially use some tools to get the job finished. Dress accordingly, including:

- boots
- pants
- long sleeves
- gloves (nitrile is best)
- eye protection
- mask

### **Protect Your Environment and Stay Away From Sprays**

Spraying of any kind (even essential oils) should be avoided, especially at first Homeowners can end up wasting lots of time and money trying to use sprays and at-home remedies. All the while, time is passing, and their pest issue is getting worse.

When pest control is done right, sprays and chemical products of any kind are used minimally, if at all, and always in tandem with other control measures.

### **Don't Bring Pests Home**

Did you know that pests love the grocery store? It is surprisingly easy to bring pests home from the store, especially cockroaches and pantry pests. If you're bringing home cardboard produce boxes or pantry goods purchased in the bulk section, be careful!

Try to leave grocery store cardboard outside, and be sure to look over your grocery store items before bringing them into your home. Ideally, look them over twice: once in the store, and once before you bring them inside.

### **Keep Your Kitchen and Pantry Tidy**



Pests love the grocery store because they can find so much of what they need there: food, water, and a place to hide. If given the opportunity, pests will come to see your home as a suitable place for them, too, and pests love kitchens.

Keeping food messes cleaned up and storing your food items in proper containers will not only help prevent pests in your kitchen, but it will also help contain any pests brought in by mistake.

### **Have a Garbage and Compost System**

To you, trash is trash, but to a pest, it's an all-you-can-eat buffet! Have a plan for how you stay on top of trash and compost removal.

For starters, don't let trash or compost stay inside too long. It should go out at least once per day. Also, make sure your garbage cans and compost pile aren't too close to the house. Outdoor garbage bins and compost are very attractive to pests. Rodents might poke around these areas looking for dinner, and you don't want them to be close to your house while they do!

## **Put Your Vacuum to Work**

When it comes to all-natural, in-home pest control, few tools are handier than a good vacuum.

For pest control, vacuums should be used on a regular basis to clean up food crumbs, dry pantry spills, and pet hair that pests can feed on. Make sure to also focus on hard-to-reach areas like under beds and sofas. If hair is left to pile up in these spots, it can lead to infestations of pests like carpet beetles.

Not only do vacuums clean up messes, but they can also clean up pests! Spotted a spider you don't want to see anymore? Suck it up with the vacuum! Found some lethargic flies on your window sill? Suck them up, too!

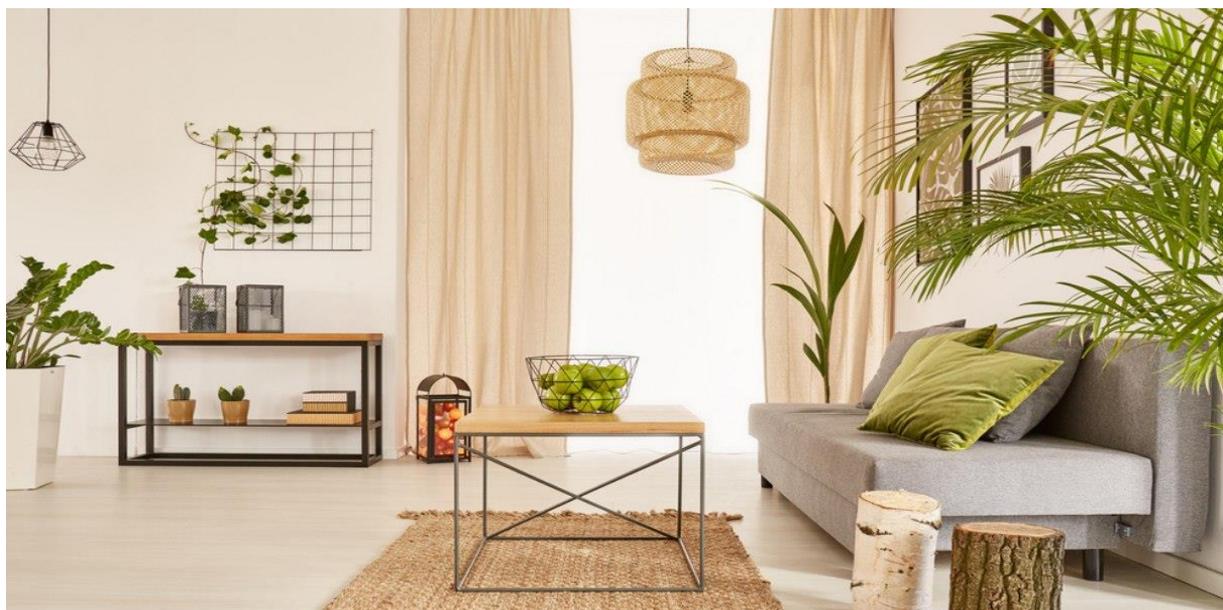
## **Keep Lights Off at Night**

When it comes to pest control, spiders are often a top concern. Not only are chemical treatments not particularly effective against spiders, but they are also not necessary.

Lights left on at night will attract flying insects, in turn attracting spiders hoping to catch a bite to eat. While exterior lights are the main issue, inside lights seen through the windows can also attract pests.

Avoid a surplus of flying insects (and spiders) by keeping your interior and exterior lights off when not in use, especially when it's dark outside.

## **5. Hacks To Reduce Toxins In Your Home**



Did you know that some common household items that most of us use every day can contain very dangerous chemicals and toxins?

The thing is, just because these chemicals are legally allowed doesn't mean we want to be exposed to them.

By using these products every day we may be putting ourselves at risk of overtaxing our bodies with toxins that can wreak havoc on our health in Canberra.

I'm not even talking about our current health either.

Most of the time health issues from toxins don't show up for years.

To make matters worse, the most common side effect you probably won't link to toxins is a lack of energy and weight gain.

### **1. Avoid All-Purpose Cleaners**

According to the Cleveland Clinic, many all-purpose cleaners contain dangerous chemicals, including ammonia.

Just because these naturally-occurring chemicals have been used to clean for hundreds of years doesn't make them safe.

Take a look at the window cleaner and the products you use on the floor that your children play on or near.

What about your pets?

It's toxic to them, too.

While all-purpose cleaners are certainly convenient, you can avoid using them by finding alternative cleaners made from ingredients like vinegar or baking soda.

### **2. Make Your Own Natural Pesticides**

Many of the commercial pesticides used today were developed as weapons in the early half of the twentieth century.

Crazy huh?

Scientists began to draw attention to their dangers some fifty years ago and got some of the worst of them banned but most commercial pesticides today are still very dangerous.

That doesn't mean that we need to let our lawns and gardens go to the bugs

There are plenty of natural options for keeping bugs at bay, from planting flowers that keep bugs away, to making sprays out of pantry staples like pepper.

### **3. Use Glass Food Containers Instead Of Plastic**

While it wouldn't be practical to avoid all plastics, you should probably keep it away from your food.

According to the National Institute of Health, many plastics – including those commonly used in food containers – contain harmful chemicals such as BPA that can break down over time.

Fortunately, these can be easily avoided by switching to glass storage containers.

Also, never heat food in the microwave in plastic containers.

### **4. Use Essential Oils and House Plants For Clean Fresh Safe Air**



I know it's tempting to light candles or use plug-ins but the next time you want your home to smell fresh try using an essential oil diffuser and essential oils.

The Lung Association reports that some commercial air fresheners include volatile organic compounds (VOC's), which can irritate the respiratory system.

Scented candles also contain VOC's and chemicals that can form toxic formaldehyde in the air.

According to a study by the National Aeronautics and Space Administration keeping house, plants can also reduce VOC's in your home.

### **5. Look For Flame-Retardant-Free Furniture**

Many furniture manufacturers include flame retardants in their materials.

Supposed by some to have been encouraged by tobacco companies so that people would feel more comfortable smoking indoors, these chemicals may pose a risk to our health in Canberra as they are gradually released into the air and our skin.

As this knowledge has become more common, many furniture manufacturers have since stopped using toxic flame retardants in their materials, so buying new furniture and looking for labeling can help you find safer furniture and mattresses.

### **6. Drink From Glass Instead Of Plastic Bottles Or Cans**

Some studies have shown that bisphenol A, a chemical used in the lining of aluminum cans and in some plastic beverage bottles, may be harmful.

The Food and Drug Administration (FDA) currently believes that current levels of the chemical in these applications are not high enough to be dangerous, but some consumers are skeptical.

### **6. Use Homemade Cleaners**



Some of the items in your pantry (like baking soda and vinegar) work as effective homemade all-purpose cleaners and, even better, cost next to nothing. So the next time you're staring down a big mess but you're out of your favorite cleaning product, don't run to the store — try one mixing up one of these recipes for DIY homemade cleaners that work instead. These natural products will kick grime to the curb and keep your wallet happy.

### **1. Scented All-Purpose Cleaner**

#### **What you'll need:**

- One part white vinegar
- One part water
- Lemon rind
- Rosemary sprigs

Combine the above ingredients together, pour into a spray bottle, shake, and then let infuse for a week before using. Once done, you can use the homemade all-purpose cleaner to remove hard water stains, clean trash cans, wipe away wall smudges, and much more. Besides a fresh scent, the lemon rind may help boost cleaning power. Caution: Do not use acidic cleaners on granite, as they will etch the stone and proceed cautiously on stainless steel. Some manufacturers recommend against using vinegar on their appliance surfaces.

### **2. Kitchen Cleaner and Deodorizer**

#### **What you'll need:**

- 4 tablespoons baking soda
- 1 quart warm water

To clean kitchen counters, appliances, and the inside of your refrigerator, all you need is baking soda for this homemade kitchen cleaner. " Baking soda makes a great deodorizer and can be used to shine stainless steel sinks and appliances," says Carolyn Forte, executive director of the Good Housekeeping Institute Cleaning Lab. To deodorize, use the homemade baking soda solution above or pour baking soda straight from the box into your drain or garbage disposal to remove odors. To shine and remove spots from stainless steel, make a paste of baking soda and water. Apply it with a damp cloth and rub gently in the direction of the metal's grain. Rinse and buff dry.

### **3. DIY Glass Cleaner**

**What you'll need:**

- 2 cups water
- 1/2 cup white or cider vinegar
- 1/4 cup rubbing alcohol 70% concentration
- 1 to 2 drops of orange essential oil for smell (optional)

This homemade cleaner will leave your windows and mirrors sparkling. Simply combine these ingredients and pour them in a spray bottle to make a homemade cleaner with ingredients you already have on hand. Not only does it do a great job cleaning but the orange essential oil gives it a pleasant natural citrus scent and the rubbing alcohol helps it evaporate quickly to minimize spots and streaks. Hint: Avoid cleaning windows on a hot, sunny day or in direct sunlight, because the solution will dry too quickly and leave lots of streaks. For mirrors, spray the solution on a paper towel or soft cloth first before wiping.

**4. Homemade Brass Cleaner**

To clean non-lacquered tarnished brass cabinet pulls, decorative ware, fixtures and more, dampen a sponge with vinegar or lemon juice, then sprinkle on salt. Lightly rub over the surface. Rinse thoroughly with water or a clean damp cloth, then immediately dry with a clean soft cloth.

## **5. Natural Heavy-Duty Scrub**

### **What you'll need:**

- 1/2 lemon
- 1/2 cup borax powder

Rust stains on porcelain or enamel sinks and tubs are no match for this heavy-duty homemade cleaner. Dip the lemon into the borax and scrub the surface, then rinse. (This is not safe for marble or granite.) Tip: You can find borax, a laundry booster, in the detergent aisle or order it on Amazon.

## **6. DIY Grease Cleaner**

### **What you'll need:**

- 1/2 cup sudsy ammonia
- Scant 1 gallon of water

Get rid of grease with this homemade kitchen and oven cleaner. Sudsy ammonia contains detergent that helps remove tough grime on metal surfaces. Mix 1/2 cup with enough water to fill a one-gallon container. Then clean your oven racks, stove hood, and grill by dipping a sponge into the solution and wiping over the surface before rinsing with clear water. You can also soak oven racks and grill grates in the mixture directly, with a little extra ammonia if they're particularly dirty. Caution: Avoid using ammonia on aluminum. It can darken it and cause pitting.

## **7. Last-Resort Clothing Stain Remover**

### **What you'll need:**

- 1 gallon hot water
- 1 cup powdered dishwasher detergent
- 1 cup regular liquid chlorine bleach, not ultra or concentrate

Treat badly stained but washable white clothing that hasn't responded to other techniques by mixing the above ingredients into a stainless steel, plastic or enamel bowl (not aluminum). Soak garment for 15-20 minutes. If stain is still there, let it soak a bit longer, then wash the item as usual.

## 6.1. When To Use Baking Soda Vs Baking Powder?



Have you ever confused baking soda with baking powder or vice-versa? Both are common rising or leavening agents used for baking. A rising agent increases cakes, breads, biscuits and other baking items. Most people get confused between these two ingredients because they almost look the same- white powders, but have different textures and consistencies. Of course, both can be used for different cleaning purposes, but you need to know when to use baking soda and when to apply baking powder. For that, you need to know more about their properties, chemical compounds and efficacy before using them, especially for household cleaning to maintain a healthy indoor environment and improve indoor air quality. Here is a complete guide to help you know the basic difference between baking soda and baking powder and when to use them for effective sprucing results.

### **Baking Soda Vs Baking Powder: What Is The Difference?**

Baking soda, also known as Sodium bicarbonate, has a smooth and fine texture. It is composed of a single ingredient and is used as a rising agent in baking recipes like cakes and bread. The chemical formula of baking soda is  $\text{NaHCO}_3$ , and is slightly alkaline. It produces gas (carbon dioxide) when mixed with an acid. This helps in rising the batter or dough. It is one of the most versatile cleaning ingredients as well and can be used to remove stains and grime when performing a thorough end of lease cleaning Canberra and secure the full bond back. On the other hand, Baking Powder is a mixture of baking soda and one or more acid salts, filler or cornstarch. It has a slightly grainier texture, and the chemical formula is

$\text{NaHCO}_3$ , cream of tartar or monocalcium phosphate and a moisture-absorbing agent. When baking powder is mixed with moisture, the acid salt reacts with the sodium bicarbonate and creates carbon dioxide gas. This allows the dough to rise and helps you make fluffy baked items.

### **When To Use Baking Soda For Baking And Cooking Purposes**

It is always good to use baking soda in dishes with acidic elements, such as buttermilk, curd and cocoa powder, to let the batter rise and get fluffy. When added to the batter, the baking soda interacts with the acid and produces  $\text{CO}_2$  gas. Baking in hot appliances allows the batter to rise -which is a great sign.

### **When You Use Baking Powder For Baking Purposes**

Baking powder already includes acid salts, so you can use it when a recipe doesn't need an acidic element, such as buttermilk, curd or cocoa powder. Baking powder reacts or activates when you mix it with water and will rise again when you put it on heat or flame. Most baking dishes, like cakes, include both baking soda and baking powder to give extra lightness and fluffiness to your baking item. Apart from cooking and baking, both ingredients have different uses when it comes to cleaning.

### **When To Use Baking Soda For Cleaning**



Baking soda is the best cleaning products that can help you remove stains, oil splatters, grease, musty odours and germs from all surfaces. It is a great alternative to store-bought cleaners that are laden with ammonia and other harmful chemicals. This is one of the key ingredients to clean your kitchen and remove grease and grime with ease. Professional end of lease cleaners Canberra suggests people to use baking soda for the following cleaning purposes: Stain Removal It is alkaline in nature and can help you remove greasy and oily stains from almost all surfaces, such as countertops, sinks, cookware, carpets, rugs and much more. You can prepare a paste of baking soda and warm water to create a thick paste and apply it over the stained surface. Leave it for a few minutes and wipe it down with a damp cloth. It is a great scrubbing or scouring ingredient Being a mildly abrasive product, baking soda can be used to tackle stubborn stains, grime, grease and other tough stains without causing any damage to the surface. You can use it as a scrubbing agent to clean your oven, microwave, bathroom fixtures, floors, and much more. Banish Bad Odours It is one of the best cleaning products that can absorb bad odours from carpets, rugs and upholstery furniture with ease. You can use it to deodorise your oven, microwave, refrigerator, bathtub and trash cans. Sprinkle it over your carpets and leave it overnight or until you vacuum clean it to get rid of powder residue. Disinfect Surfaces You can also use baking soda to disinfect contaminated surfaces, especially natural stone areas, sink, faucets, windows, and much more. However, you can use also clean your house with baking soda and vinegar and achieve great outcomes.

### **When To Use Baking Powder For Cleaning**



Removing Stains from Silverware Baking powder is not as useful as baking soda but can be used to for several cleaning purposes. You can use it to remove stains and polish silverware. You can create a paste by mixing baking powder with water. Coat it over the silverware and let it sit for half an hour. Scrub and rinse it thoroughly to see sparkling results. Clean Your Drain Baking powder can be used with white vinegar to create a fizzy reaction. This can be used to unclog garbage disposal, bathroom drains and clogged pipes. Pour a mixture of baking soda followed by vinegar down the drain and leave it for 10 minutes or until you flush or pour hot water to get rid of stuck food crumbs, stains and debris. If you want to pass the rental inspection at the end of your tenancy, hire professionally-trained people for a thorough end of lease cleaning Canberra and secure your full bond money. Before that, check the initial condition report and spruce up the property according to the checklist.

## **Conclusion**

In conclusion, by implementing these measures to minimize allergens and irritants, you can create an allergy-proof home that provides relief for allergy sufferers. Consistent cleaning, maintenance of HVAC systems, controlling humidity levels, and minimizing allergen sources are essential steps to ensure a healthier indoor environment in Canberra. Remember, small changes can make a big difference in reducing allergic reactions and promoting overall well-being for you and your family.

## **References:**

10 Easy Ways To Reduce Dust In Your House | Forbes, Retrieved 19 Apr 2024, from

<https://www.forbes.com/home-improvement/cleaning-organization/reduce-dust-in-home/>

How to Improve Indoor Air Quality for Better Breathing | Real Simple, Retrieved 19 Apr 2024, from

<https://www.realsimple.com/home-organizing/cleaning/how-to-improve-indoor-air-quality>

15 Natural Pest Control and Prevention Tips to Try at Home | The Spruce, Retrieved 19 Apr 2024, from

<https://www.thespruce.com/natural-pest-control-prevention-tips-7090566>

9 Easy Hacks To Reduce Toxins In Your Home | A Less Toxic Life, Retrieved 19 Apr 2024, from

<https://www.alesstoxiclife.com/health/ways-to-stop-exposing-yourself-to-toxins/>

Homemade Cleaners That Actually Work, According to Our Cleaning Expert | Good Housekeeping, Retrieved 19 Apr 2024, from

<https://www.goodhousekeeping.com/home/cleaning/tips/a24885/make-at-home-cleaners/>

When To Use Baking Soda Vs Baking Powder? | Bond Cleaning In Canberra, Retrieved 19 Apr 2024, from

<https://www.bondcleaningincanberra.com.au/when-to-use-baking-soda-vs-baking-powder/>