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## **Cleaning Tips to Reduce Common Asthma and Allergy Triggers**

*Maid Brigade Offers Green Cleaning Guide in Honor of Asthma and Allergy Month*

ATLANTA— One in four Americans suffer from asthma and allergies, and, childhood cases of asthma have increased by 67 percent during the past 30 years according to the Asthma and Allergy Foundation of America. Common asthma and allergy triggers include dust, dust mites, pet dander, mold and mildew. Scientists have also linked chemicals in traditional cleaning products to asthma and allergies. While there are no cures, there are ways to safeguard your indoor environment against airborne pathogens, VOCs and other irritants that trigger attacks.

“You can reduce common asthma and allergy triggers in your home by taking a green cleaning approach,” says Marie Stegner, consumer health advocate and blogger for the green cleaning leader, [Maid Brigade](#). “With May designated as Asthma and Allergy Month, now is the perfect time to implement a healthy home cleaning routine.”

These home cleaning tips from the green cleaning experts at Maid Brigade will keep you in the breath zone and out of the sneeze zone.

### **Bedrooms**

Vacuum mattresses at least once a month and pillows weekly. Use a HEPA filter closed-canister vacuum to remove 99 percent of particles one micron or greater. Launder linens in 130 degree water or hotter to kill dust mites. And, don't forget Mother Nature—direct sunlight kills dust mites so when the weather allows, hang blankets out in the sun and leave the bed unmade to let the sun shine in.

### **Home Office**

The home office can be a haven for many toxins including neurotoxins and endocrine disruptors. Wipe down home office computers, copiers, printers, chargers, and surge protectors regularly with a microfiber dusting cloth to eliminate dust and fine particles that can irritate respiratory passages. Choose home office furniture carefully as it is often made of composites, which can omit toxic Volatile Organic Compounds (VOC).

### **Bathrooms**

Moisture helps irritating mold and mildew to grow. Keep your overall home humidity below 45 percent to prevent mold and mildew growth. Use the bathroom exhaust fan when showering or open a window to allow the moisture to escape. Scour the tub and sink at least once a week using a natural scrub paste made from baking soda and water to eliminate fungus friendly soap scum.

For more asthma and allergy green cleaning tips check out the *Maid Brigade Asthma and Allergy Green Guide to Relief* at [www.maidbrigade.com/green-house-cleaning/asthma-and-allergy-green-guide](http://www.maidbrigade.com/green-house-cleaning/asthma-and-allergy-green-guide).

And make sure to tune in Tuesdays at 9 a.m. EDT to the *Clean Green Talk* radio show co-hosted by Stegner and green cleaning coach and author, Leslie Reichert, for even more green cleaning ideas. To listen to past episodes visit <https://itunes.apple.com/us/podcast/clean-green-talk-show/id664382328>.

### **About Maid Brigade**

Headquartered in Atlanta, Maid Brigade is the only house cleaning service that is Green Clean Certified® with more than 400 franchise service areas in the United States and Canada. Established in 1979, Maid Brigade is the green cleaning industry leader and has a longstanding legacy of providing quality customer service and consistent and thorough cleaning using the most advanced techniques and equipment. The company has also implemented a consumer advocacy program in response to reports from the Environmental Protection Agency linking chemicals in traditional cleaning products to a wide range of health risks. For more information visit [www.maidbrigade.com](http://www.maidbrigade.com) or call 866-800-7434.

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