

## Cleaning Carpets and Rugs

- \* To remove carpets for cleaning or to throw them away:  
Mist the rugs with water.  
Roll up the carpet and carpet pad, and wrap them in plastic. If you are leaving the carpet pad in place, clean the pad like wall-to-wall carpeting.
- \* To clean wall-to-wall carpets:  
Vacuum the rug using an industrial HEPA vacuum with the 'bar beater' or 'agitator' attachment. Vacuum the rug from top to bottom and then left to right. Spend about 10 minutes vacuuming a small area (2ft x 5ft). Rugs can then be steam cleaned. Use a small amount of detergent that has 5% phosphate in it or one that is made for cleaning lead dust.
- \* To clean area rugs:  
Vacuum the top of the rug with the 'beater bar' or 'agitator' and the HEPA vacuum as described above. Next, fold the rug in half and vacuum the back of the rug and floor normally. Do the same to the other half of the rug. Slowly vacuum the top of the rug again using the 'bar beater' or 'agitator' attachments.
- \* To clean scatter rugs:  
Wash scatter rugs in a washing machine. Do not put in any clothes! Use a general detergent or one that is made for cleaning lead dust.

## Clearing the air of Asthma Triggers

### 8 Steps to making your home Asthma-Friendly

1. One of the most common asthma triggers in the home is secondhand smoke. Until you can quit, smoke outside, not in your home or car.
2. Dust mites are also triggers for asthma. For mite population control, cover mattresses & pillows with dust-proof zippered covers. Wash sheets & blankets once a week in hot water.
3. Reduce everyday dust build-up, by regularly dusting with a damp cloth and vacuuming carpet and fabric-covered furniture.
4. Household pets can trigger asthma with skin flakes, urine and saliva. Keep pets outdoors, if possible.
5. Cockroaches can trigger asthma. Don't leave food or garbage out in home. Always clean up messes and spills and store food in air tight containers.
6. Instead of pesticide sprays, control pests by using baits or traps. If sprays are necessary, always circulate fresh air into room being treated and keep asthma sufferers out of that room for several hours after any spraying.
7. Mold is another asthma trigger. The key to controlling mold is controlling moisture. Wash and dry surfaces to prevent and remove mold. Replace moldy ceiling tiles and carpets. Reducing moisture will also control asthma triggers related to cockroaches and dust mites.
8. Work with your doctor or health care provider to develop a written asthma management plan for your child that includes information on your child's triggers and how to manage them.

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EMPOWER AND REVITALIZE

In Collaboration with  
"Believe in a Healthy Home"  
A Healthy Homes Project in Newark's  
Fairmount and Clinton Hill Neighborhoods

LISC  
Greater Newark

RUTGERS  
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*Believe in a  
Healthy Home:  
Ways to Reduce Lead Dust  
and potential Asthma  
Triggers in Your Home or  
Apartment*



**"Fostering self-sufficiency,  
Empowerment and  
neighborhood revitalization"**

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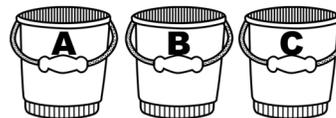
## Tools For Cleaning Lead Dust

- \* Plastic or rubber gloves, like those used for washing dishes.
- \* Plastic trash bags.
- \* A mop that can be washed or thrown away.
- \* A tack cloth.
- \* Three (3) plastic buckets.
- \* A spray bottle.
- \* Lint-free rags or sponges that can be thrown away.
- \* A cleaning product. You can use a general purpose cleaner, or products made for cleaning lead dust.
- \* Industrial vacuum with a HEPA filter.
- \* Do not use a common household vacuum cleaner to clean lead dust. It will spread lead dust into the air!



## To Clean Surfaces

1. Remove large paint chips:  
With plastic gloves on, pick up large paint chips and place them into a plastic trash bag.
2. Remove smaller paint chips by:  
Vacuuming, using only an industrial HEPA vacuum OR Misting the chips with water, then sweeping them up and putting them into a trash bag. **Do not dry sweep!**
3. Prepare three (3) buckets. The first bucket will have the cleaning mixture in it. The second bucket will have only plain water. The third bucket will be empty so you can squeeze dirty water from the rag (or sponge) into it after you wipe down surfaces.
4. Clean one room at a time.  
Clean the highest surfaces first and work your way to the floor. Always start at the farthest corner of the room and work your way to the door.



## Step-by-Step Summary of Wet Cleaning

- Step 1** Wet a clean rag or mop with the cleaning mixture.
- Step 2** Wipe the surface with the damp rag or mop.
- Step 3** Rinse the used rag or mop in the bucket with the plain water.
- Step 4** Squeeze extra water out of the rag or mop into the empty bucket.
- Step 5** Repeat Steps 1 to 4 until the surfaces have been completely cleaned in one room.
- Step 6** Empty all buckets and fill one with new, clean water. Wipe down all of the cleaned surfaces, using a clean rag and the plain water. Squeeze out extra water into one of the empty buckets.
- Step 7** Make a new bucket of cleaning mixture. Get a clean rag or mop. Move to another room and repeat Steps 1 to 6.

**Continue until all rooms have been cleaned. Use a tack cloth to pick up lead chips on surfaces that may be damaged by the cleaning mixture.**

