

Mayo Clinic Minute

4 Tips to Spring Cleaning

Video	Audio
Vivien Williams	Mayo Clinic's Dr. Clayton Cowl wants your spring cleaning to be safe and healthy.
Clayton Cowl, M.D. Occupational Medicine Mayo Clinic	"A lot of people are thinking spring cleaning, but they're not really thinking safety in spring cleaning."
Vivien Williams	He has four tips: ventilation, proper storage, reading labels and proper disposal. We'll start with ventilation.
Clayton Cowl, M.D.	"You never want to mix ammonia and bleach together."
Vivien Williams	It can create dangerous fumes. In the kitchen, proper storage is key.
Clayton Cowl, M.D.	"If you have small children, this is probably not the place that you want to store cleaning agents."
Vivien Williams	They can be poisonous and cause chemical burns. When it comes to batteries, make sure they're stored properly — away from the heat, water other liquids or anything combustible. And, when they're dead, throw them away appropriately.
Vivien Williams	Now, garages are notorious places for cleaning no-no's, such as improper storage and labeling.
Clayton Cowl, M.D.	"We really don't know what's in here."
Vivien Williams	Yikes. As for disposal, one tip is to be sure to empty aerosol cans before throwing them away. So, these four things — ventilation, storage, labeling and proper disposal — will make for a safe season of spring cleaning. For the Mayo Clinic News Network, I'm Vivien Williams.

