

## Choosing safer products to clean and sanitize your home



Many common household cleaning products contain chemicals that can harm your body. Some of these chemicals can:

- ◆ cause or trigger asthma.
- ◆ cause cancer.
- ◆ irritate or chemically burn your lungs and skin.
- ◆ interfere with the functioning of your liver and other organs.
- ◆ affect your reproductive system.
- ◆ affect the health of unborn babies.

The risk of experiencing these health effects depends on:

- ◆ how hazardous the product is and how concentrated it is.
- ◆ how often the product is used.
- ◆ the amount that gets into your body.
- ◆ the age, health and gender of the person using the product.

### What Can You Do?

Be a label reader. Begin by reading the labels of the products used regularly. **Manufacturers are not required to list ingredients on household products.** However, signal words (described below) and symbols or pictograms on the label can tell us how toxic a product is.

**DANGER** – tells us that the product is more hazardous.

**WARNING** – tells us that the product is less hazardous.

The symbol or pictogram on the label gives us additional information. Here is a pictogram that warns that a product contains a carcinogen (causes cancer) or a respiratory tract irritant.



### Avoid the following:

- ◆ products packaged in aerosol containers.
  - ◇ Aerosol sprays create a fine mist that stays in the air and is able to go deeper into the lungs than the mist made by spray bottles that make a stream instead of a mist. This increases your exposure to the chemicals.
- ◆ products with added fragrances.
- ◆ products containing disinfectants (unless specifically used for disinfecting).



Avoid



Use third-party certified products

Shop for products in grocery and retail stores that fully disclose all ingredients and are:

- ◆ certified by a third-party certification organization (EcoLogo, Green Seal, or Design for the Environment).
- ◆ packaged in pump-spray bottles, not aerosol cans.
- ◆ packaged in recyclable containers.



EcoLogo



Green Seal



Design for the Environment

**Avoid products that list these ingredients:**

- ◆ 2-butoxyethanol (or ethylene glycol monobutyl ether) and other glycol ethers
- ◆ Alkylphenol ethoxylates (some common ones are: nonylphenol and octylphenol ethoxylates, or octoxynols)
- ◆ Bisphenol A
- ◆ d-Limonene
- ◆ Dyes (may be listed as FD&C or D&C)
- ◆ Ethanolamines (common ones to look out for are: monoethanolamine [MEA], diethanolamine [DEA], and triethanolamine [TEA])
- ◆ Fragrances
- ◆ Parabens
- ◆ Phthlates
- ◆ Pine or citrus oil
- ◆ Quaternary ammonium compounds (look out for these: alkyl dimethyl benzyl ammonium chloride (ADBAC), benzalkonium chloride, dodecyl-dimethyl-benzyl ammonium chloride; lauryl dimethyl benzyl ammonium chloride; benzyl-C10-16-alkyldimethyl, chlorides; benzyl-C12-16-alkyldimethyl, chlorides; benzyl-C12-18-alkyldimethyl, chlorides; benzyl-C16-18-alkyldimethyl, chlorides; and didecyl and didecyl dimethyl benzyl ammonium chloride)
- ◆ Triclocarban
- ◆ Triclosan
- ◆ Bleach or sodium hypochlorite

**RESOURCES**

Look up your cleaning products on the following websites:

EcoLogo <http://www.ecologo.org/en/>

EPA Design for the Environment <http://www.epa.gov/dfe/>

Green Seal <http://www.greenseal.org/>

Environmental Working Group's Guide to Healthy Cleaning available at: <http://www.ewg.org/guides/cleaners>.

Women's Voices for the Earth – Information on what's in specific cleaning products and recipes for making your own less-toxic cleaner. Available at: <http://www.womensvoices.org/protect-your-health/cleaning-products/>