"Many traditional cleaning products contain chemicals and fumes which are released into our homes after each use."

For more information about this research, kindly visit www.mothersandothersforcleanair.org
CLEANING PRODUCTS

THE PROBLEM

Many traditional cleaning products contain harmful chemicals and fumes which are released into our homes each time we use them. Many cleaners release Volatile Organic Compounds (VOCs) into the air. VOCs are a group of chemicals that vaporize easily, causing indoor air pollution. Because VOCs are organic chemicals, they can cause short and long term health problems.

In some cases, levels of VOCs inside the home are measured up to 100 times higher than levels outside the home. Growing evidence links cleaning products to the build-up of carcinogens (substances that cause cancer) in the body.
WHY IS THIS IMPORTANT TO MY OR MY CHILD’S HEALTH?

Having toxic cleaning supplies can contribute to...

- Asthma
- Asthma Attacks
- Allergies
- Fatigue
- Eczema/Bumpy Skin
- Difficulty Breathing
- Irritation of Nose and Throat Cancer
- Chemical Burns
- Birth Defects
- Low Birth Weight
WHAT TO AVOID

Since a lot of products do not disclose all of their ingredients it can be hard to know which ones are safe to buy. **Instead, try looking for products that say they are free of....**

- Phosphates
- Quaternary Ammonia Compounds (QUACS)
- Formaldehyde
- Sulfates & Sulfuric Acid
- Bleach
- Pine Oil Cleaners (difficult for kids with asthma)
- Citrus Oil Cleaners (difficult for kids with asthma)

Never mix your cleaning products, this is extremely dangerous.
For example, mixing bleach with any product that contains **ammonia** (window cleaners and some floor cleaners) makes toxic gases called **chloramines**. Exposure to **chloramine gases** can cause throat and nose irritation, cough, shortness of breath, and nausea. Mixing bleach with any product that contains acid (vinegar, some window cleaners, dishwasher detergents, toilet bowl and drain cleaners, rust removers, brick/concrete cleaners) makes chlorine gas, which is very irritating at low levels and at high enough levels can cause death.
WHAT TO BUY

The Environmental Working Group (EWG) has a consumer guide where cleaning products are rated on a scale of “A-F” based on their safety for use inside the home. Look at EWG’s Guide to Healthy Cleaning here to search over 2,500 products. Based on the EWG’s Guide to Healthy Cleaning, Mothers & Others for Clean Air recommends the following products for easy shopping.

CHECK EWG CONSUMER GUIDE TO HEALTHY CLEANING HERE:
https://www.ewg.org/guides/cleaners/

CHECK EPA's SAFER CHOICE HERE:
https://www.epa.gov/saferchoice

However, we encourage you to do your own research to find what is best for you and your family. All products listed below can be found at Target and/or Walmart and fall within a reasonable price range. The products listed here received an “A” rating on the Environmental Working Group’s Consumer Guides, except for those specifically marked otherwise (with B or C next to their name):

GENERAL SURFACE CLEANERS

- Baby Ganics All Purpose Surface Wipes, Fragrance Free A
- Seventh Generation Disinfecting Multi-Surface Cleaner, Lemongrass Citrus A
- Puracy Natural Multi-Surface Cleaner, Green Tea and Lime A
WHAT TO BUY

CONTINUATION

GLASS CLEANERS

- Everspring Glass Cleaner, Lemon and Mint B
- Biokleen Ammonium Free Glass Cleaner B
- Method Glass and Surface Cleaner, Mint B

BATHROOM CLEANERS

- Lemi Shine Shower and Tile Cleaner A
- Seventh Generation Emerald Cypress and Fir Toilet Bowl Cleaner A
- Seventh Generation Disinfecting Bathroom Cleaner A
### WHAT TO BUY

**CONTINUATION**

### LAUNDRY

<table>
<thead>
<tr>
<th>Product</th>
<th>Brand/Model</th>
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<tbody>
<tr>
<td>Everspring Laundry Detergent, Free and Clear</td>
<td>Everspring</td>
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<tr>
<td>Seventh Generation Ultra Power Plus Laundry Detergent Packs</td>
<td>Seventh Generation</td>
</tr>
<tr>
<td>Mrs. Meyer's Clean Day Laundry Pacs, Lavender</td>
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### DISHWASHING

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<tr>
<td>Seventh Generation Dishwasher Detergent Packs or Powder; Free &amp; Clear, Lemon, or Ultra Power</td>
<td>Seventh Generation</td>
</tr>
<tr>
<td>ECOS Dishmate Dish Soap, Free and Clear or Lavender</td>
<td>ECOS</td>
</tr>
<tr>
<td>ECOVER Dish Soap, Pink Geranium</td>
<td>ECOVER</td>
</tr>
</tbody>
</table>
WHAT TO BUY
CONTINUATION

ANTI-VIRAL/ANTI-BACTERIAL

A daily surface cleaner in the home does not need to be labeled "anti-viral" or "anti-bacterial". These products are harder on the body and they contribute to the problem of antibiotic resistance. Soap or detergent is a very good cleaner because it disrupts bacterial cell walls and is naturally antibacterial. If you feel you need to buy a sanitizer, please visit the EWG Guide to Healthy Cleaning.

CHECK EWG CONSUMER GUIDE TO HEALTHY CLEANING HERE:
https://www.ewg.org/guides/cleaners/

For more information about cleaning and Covid please visit the CDC website:

CHECK EWG CONSUMER GUIDE TO HEALTHY CLEANING HERE:

You can make your own cleaner using vinegar. See page 32 for instructions.

The following products are pulled from this list and are recommended to protect home surfaces against COVID-19:

Seventh Generation Disinfecting Multi-Surface Cleaner, Lemongrass Citrus 
Lysol Hydrogen Peroxide Action Multi-Purpose Cleaner Spray or Wipes, Oxygen Splash or Citrus Sparkle Zest
Purell Multi Surface Disinfectant; Fragrance Free, Fresh, or Citrus
DIY SURFACE CLEANER

One of the safest ways to clean your home is with good old fashioned soap and water. It does the job and skips all the plastic waste. If you prefer a spray cleaner consider making your own from ingredients already found in your kitchen using a glass bottle. There are many recipes you can easily find online. We listed one here as an example of how you can make your own basic daily surface cleaner.

**INGREDIENTS:**

- 1/2 cup distilled white vinegar
- 2 cups water
- 20 drops essential oils: lavender, lemongrass, basil, orange, lemon (all have antibacterial or antifungal properties)
- Glass spray bottles

**INSTRUCTIONS**

1. Pour all ingredients into a bottle.
2. Fit with a spray top.
3. Gently swirl the bottle to mix the ingredients together.
4. Use immediately or as needed.

**RECIPE NOTES:**

Do not use all-purpose cleaner on granite or marble countertops as the vinegar will etch the natural stone. Be careful with cleaning rags/cloths and the clothes you're wearing because vinegar can also eat holes in cotton fabrics.