

# CLEANING PRODUCTS AND YOUR HEALTH

Many of us tend to look for the strongest-smelling products to clean our homes. But some of these cleaning products can harm our health even if used as directed. They contain toxic chemicals, which could harm or even kill you if you swallow or inhale them or absorb them through your skin.

## COMMON TOXICS IN CLEANING PRODUCTS:



AMMONIA  
(bathroom cleaners)

BLEACH  
(laundry products, kitchen and bathroom cleaners)



POTASSIUM HYDROXIDE (LYE)  
(oven cleaner)



PETROLEUM DISTILLATES  
(furniture, silverware and jewelry polish)

## SAFETY TIPS

- ☞ Use gloves.
- ☞ Do not use products when children are around.
- ☞ Open windows, keep the area ventilated.
- ☞ Read the label before purchasing and using the product. Labels such as Caution, Hazardous or Poison may indicate that the product is toxic. Read them carefully for details.



## LESS TOXIC ALTERNATIVES.

✍ BAKING SODA: Absorbs odors, cleans like a scouring powder. Just sprinkle around the area that needs to be cleaned and add water.



✍ WHITE VINEGAR AND LEMON: Cleans windows, countertops, chrome, floors etc; cuts grease. Lemons also deodorize.



✍ SALT: Gets stuck-on food off pots/pans. Just sprinkle salt and add cool water and let it sit a while.



✍ BORAX: Great for deodorizing laundry.



## ADVANTAGES OF ALTERNATIVES

- ✍ Protect your health and the environment.
- ✍ Less expensive.

SPIN/TESH is a collaborative project of the Regional Environmental Council (REC), UMass Memorial Health Care, and The Toxics Use Reduction Institute (TURI)



For more information contact: Jen Smith (508) 799-9139