

SAFE CLEANING AT HOME

"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others" - Maya Angelou

Now more than ever, we are taking extra care to clean our homes. However, many common household cleaning products can produce gases that we inhale and make us sick, even if the product itself is a powder or a liquid. Even if these gases inside the home don't bother adults, they are more dangerous for babies and children because their bodies are small.

SOME TIPS TO REDUCE EXPOSURE TO YOU AND YOUR FAMILY



- Wipe down surfaces with water after cleaning or sanitizing them to remove chemical residue.
- Don't mix products because they can become toxic when combined.
- Do what you can to air out an area you are cleaning. Open the windows. If you can't open the windows, turn on a fan or two. Anything that can be easily moved outside to be cleaned, should be taken outside and allowed to air out after cleaning.



POSSIBLE HEALTH CONCERNS OF GASES IN THE HOME

- Asthma
- Headaches
- Irritated eyes and nose
- Nausea



PRODUCTS TO AVOID

Those labeled **pine** or **lemon-scented** since these products contain oils known to react with smog and cause breathing and skin problems. In general, it's best to use unscented products.

