**MYTHS AND FACTS**

**MYTH:** Mixing cleaning agents will make them more effective.

**FACT:** Mixing cleaning agents can release dangerous, life-threatening gases. Never mix bleach with ammonia or acids (including vinegar). Avoid mixing bleach and hydrogen peroxide, a combination that can explode.

**MYTH:** If it smells good, it must be clean.

**FACT:** There is no such thing as a “clean” smell. An odorless space is much safer for both kids and adults. Fragrances that are added to cleaning products can trigger asthma symptoms and disrupt the body’s hormones. Try to purchase fragrance-free household cleaners and skip air fresheners.

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Scan the QR code above for more information on NYSCHECK’s COVID-19: Safely Cleaning Your Home page!

**SAFER CLEANING PRODUCTS AND ASTHMA**

A guide to choosing safer cleaning products to protect your family against asthma triggers!
WHAT'S THE PROBLEM?

- Cleaning plays an important role in reducing asthma triggers like dust, mold, and pests.
- Many common household cleaning products contain chemicals that may trigger or worsen your child’s respiratory symptoms.
- It is important to be aware of chemicals/products to avoid, as well as safer alternative cleaning methods.

RISKS:

- Chemicals in cleaning products can irritate lungs, worsen asthma, and lead to coughing/wheezing.
- Eyes and skin can itch or burn from chemicals in cleaners.
- Hormone-disrupting chemicals can be found in many cleaning products.
- Some disinfectants can impact reproduction.

SAFER ALTERNATIVES:

- Hydrogen peroxide
- Alcohol (ethanol/ethyl alcohol, isopropyl alcohol/isopropanol)
- Lactic acid
- Citric acid
- Caprylic (Octanoic) acid

Look for these labels:

To search for safer products, visit www.epa.gov/saferchoice/products

AVOID:

- Triclosan
- Triclocarban
- Methanol
- Bleach (Sodium hypochlorite)
- Quaternary Ammoniums (benzalkonium chloride, benzethonium chloride, ammonium chlorides)
- Fragrance
- Mixing cleaners or chemicals
- Foggers and aerosol sprays that increase risk of inhalational exposures
- Using cleaning products around children

AT-HOME RECIPES:

All-Purpose Cleaner:
1 cup warm water
3 drops unscented liquid soap
½ cup white vinegar
Optional: fresh lemon juice
Mix together in empty spray bottles and use on various surfaces.

Sink, Tub, and Tile Cleaner:
Add water to baking soda to make a paste and use the paste to scrub surfaces.

Scan here for a video of the all-purpose cleaner recipe: