

# 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.**

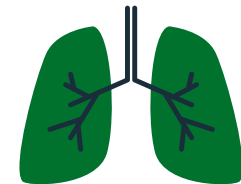
*FACT:* There is no such thing as a “clean” smell. An odorless space is much safer for both kids and adults. Fragrances that are added to cleaning products can trigger asthma symptoms and disrupt the body’s hormones. Try to purchase fragrance-free household cleaners and skip air fresheners.



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.

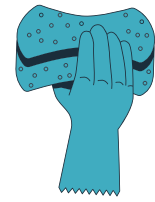
## ✓ Safer Alternatives: ✓

- 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](http://www.epa.gov/saferchoice/products)



## 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.



## 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

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



SCAN ME