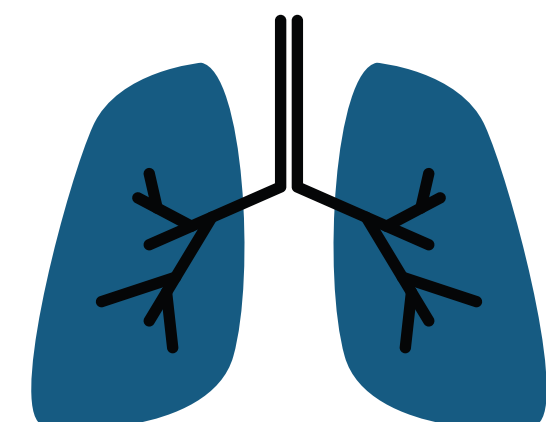




Safer Cleaning



Products and Asthma

A guide to choosing safer cleaning products to protect your family against asthma triggers!

RISKS:



Use of cleaning products can trigger asthma symptoms.



Some ingredients in cleaning products may also impact health by disrupting hormones.

Safer Alternatives:



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

Look for these labels:

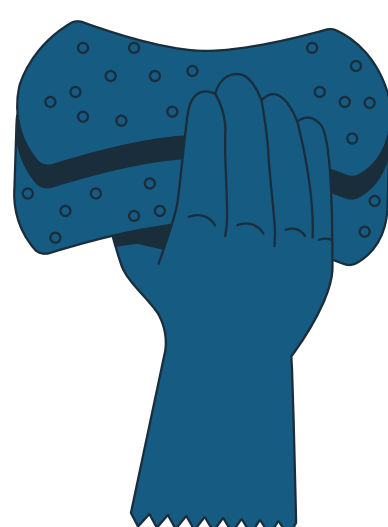


To search for safer products, visit www.epa.gov/saferchoice/products

AVOID:



- Triclosan
- Triclocarban
- Methanol
- Bleach (Sodium hypochlorite)
- Quaternary Ammoniums (benzalkonium chloride, benzethonium chloride, ammonium chlorides)
- 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 chemicals around children



Scan the QR code for more information on NYSHECK's COVID-19: Safely Cleaning Your Home page!

