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:**
- GREEN SEAL CERTIFIED
- SAFER CHOICE
- ECOLOGO

**AVOID:**
- Triclosan
- Triclocarban
- Methanol
- Bleach (Sodium hypochlorite)
- Quaternary Ammoniums (benzalkonium chloride, benzethonium chloride, ammonium chlorides)
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- 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 NYSCHECK’s COVID-19: Safely Cleaning Your Home page!