**HEALTHY HOME TIPS**

*Easy ways to protect children, pets and you from hazardous household chemicals*

**Got kids?** You may not even realize you are exposing children to chemicals when you use household products. Household chemicals pack a bigger punch to children’s growing bodies and organs.

*Health impacts can be permanent.*

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**Avoid products that say DANGER or POISON**

| HIGHEST HAZARD: DANGER, POISON—Avoid these products. |
| MODERATE HAZARD: CAUTION, WARNING |
| SAFEST: Does not have CAUTION, WARNING, DANGER, POISON |

- Read product labels before buying or using
- Buy the safest products—those without CAUTION, WARNING, DANGER or POISON
- Follow directions!

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** Reduce your family’s pesticide exposure**

There are potential health risks in families that use lawn and garden pesticides, especially for pets and children.

Pesticide dust can remain indoors for a year.

Keep pesticides and other chemicals outside: wipe shoes off on a mat or take shoes off at the door. Wipe off muddy pet feet.

Use safer choices for indoor and outdoor bug and weed killers. For practical tips, call the Garden Hotline at 206-633-0224, or go to www.GrowSmartGrowSafe.org.

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**Prevent accidental poisonings**

- Keep products sealed and in their original containers.
- Store in a locked cupboard away from food and children.
- Never mix products; especially chlorine and ammonia products that make a toxic gas.

**POISON CENTER FACT**

*At home, what most often poisons kids:* medications, cleaners, antibacterials, deodorizers, cosmetics, paints, strippers, pesticides, fertilizers and auto products.

WASHINGTON POISON CENTER 1-800-222-1222

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**Dispose of hazardous products safely—free!**

**Not sure what is hazardous?** Call Household Hazards Line at 206-296-4692 or 888-TOXIC-ED.

**More information at:** www.HazWasteHelp.org

**Some hazardous examples:** oil, solvents, bug and weed killers, cleaners, fluorescent bulbs.

Do not put hazardous products in the trash.

Empty containers are OK to put in your trash.
# SAFER PRODUCTS GUIDE

## DOING THIS? DO IT SAFELY

### All purpose cleaning

Avoid products that combine cleaning and disinfecting
- They may have unlisted toxic ingredients.
- Added scents and perfumes may trigger asthma or rashes.

Avoid chlorinated or ammonia cleaners
- They can release dangerous gases if mixed with other cleaners!

Clean most surfaces with soap. Scrub well. Wash frequently.

For tubs, sinks and toilets: try scrubbing with baking soda or Bon Ami. Rinse well.

Floor cleaner: mix ½ cup white vinegar in a bucket of water to clean linoleum, tile, brick or stone, or to damp wipe wood floors.

### Killing Germs with bleach

Follow label directions.
Directions may vary by bottle.

Use only plain, unscented bleach.
Not all bleach kills germs.
Bleach that can kill germs must have an “EPA Reg. No.” on the label.

### Hand cleaning

Avoid antibacterials, antimicrobials, or soaps with Triclosan. They kill only some germs and not cold viruses. Using these cleaners may create resistant germs.

Wash hands with solid or liquid soap and warm water for 20 seconds.

If you don’t have soap and water, use an alcohol based gel or wipe.

### Laundry

Whitening clothes
- Chlorine bleach is labeled DANGER; never mix with other products!

Use non-chlorine whiteners: oxygen or hydrogen peroxide products.
If adding chlorine; use gloves, eye protection and open windows for ventilation.

### Fabric softeners and dryer sheets

- Scents and perfumes can irritate lungs and trigger asthma.

Fabric softener: Add ½ to ¾ cup baking soda to the rinse cycle.

### Drain clearing

Avoid products with lye or marked DANGER or POISON.
- These products are toxic to inhale.
- They can burn your skin.
- Using them can damage plumbing.

Pour boiling water down drain; repeat as needed.
Use a plunger or plumber’s ‘snake.’
If these don’t work, call a plumber.
Prevent future clogs—use strainer covers.

### Oven cleaning

- Many oven cleaners are hazardous to inhale and can burn your skin.
- Avoid products marked DANGER or POISON.
- Avoid products with lye.

Use self-cleaning oven feature.
Prevent build-up; wipe spills. Use a foil liner to catch spills.
Soften baked-on spills with a damp cloth, or soak with baking soda and water.

### Painting

Avoid oil-based paints and solvents:
- They are flammable.
- Have toxic fumes.
- Need solvents for clean-up.
- Don’t go in the trash.

Use gloves and open windows for ventilation.
Use latex paint or water based stains where practical. They are safer to use and clean up.

### BUILD A GREEN CLEANING KIT

- Vinegar
- Dawn and Joy dish soap
- Murphy’s oil soap
- Self-cleaning oven feature
- Foil liner
- Baking Soda
- Strainer covers
- Gloves
- Open windows

For more information, call: 206-296-4692 or 1-888-TOXIC-ED