TOXINS AND YOUR CHILD’S HEALTH
CLEANING PRODUCTS

WHAT ARE THEY?
Cleaning products may contain strong chemicals that harm our children. Follow these tips to reduce your exposures while maintaining a clean and healthy home.

FOUND
Skip the harsh bleach and disinfectants
Scrub with warm soap and water
Disinfect with vinegar and lemon

YOU CAN

FOUND
Avoid antibacterial and perfumed soaps
Use ordinary soap and water
Alcohol-based hand sanitizer when necessary

YOU CAN

FOUND
Brooms, dusters, and furniture sprays spread chemicals around the home
Wet mopping, microfiber cloths, and HEPA air filters remove dust and chemicals

YOU CAN

POTENTIAL HEALTH EFFECTS

ASTHMA
FERTILITY
HORMONES

Learn More
www.knowbetterlivebetter.org
#protectkidshealth

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