# Prescriptions for Prevention

## Healthier Cleaning

### Did you know?

Routine cleaning can reduce dust, allergens and chemicals in your home. When cleaning, use safer products, which are better for your health and the environment.

## Action Plan

- For routine household cleaning of dust and grime, choose safer cleaning products with one of these labels:

- Make your own cleaners with household ingredients such as vinegar and baking soda (see recipes on next page).

- While cleaning, open windows and turn on a fan to increase airflow. Consider wearing gloves to protect your skin.

- To kill germs on household surfaces: Use the EPA Design for the Environment list that contains safer active ingredients such as hydrogen peroxide, citric acid, L-lactic acid or ethanol. Avoid using bleach when a safer ingredient is available.

- Avoid products with quaternary ammoniums (Quats) like benzalkonium chloride and ammonium chloride.

- Avoid aerosol spray cleaners. These create mists that are easily inhaled. Pump sprays used within 6 inches of surfaces and/or a cloth are preferred.

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Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia

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## Resources

### All Purpose Household Cleaner

1 cup warm water
3 drops unscented liquid soap
½ cup white vinegar
Optional: add lemon juice

Mix ingredients in an empty bottle.
Apply to clean cloth to clean surfaces in your home.

### Sink, Tub & Tile Cleaner

Add water to baking soda to make a paste
Use paste to scrub surfaces.
Rinse well.

### Volatile Organic Compounds

To find low VOC air fresheners visit EWG's website by clicking here or scanning the QR code:

### Green cleaning

The Environmental Working Group database lists the least toxic cleaning products to use at home. Visit the site by clicking the link or going to ewg.org/guides/cleaners

### Certified Disinfectants

The Design for the Environment (DfE) label helps consumers and purchasers find antimicrobial products, like disinfectants and sanitizers. Click here to view this resource or scan the QR code:

For more resources, visit prcceh.upenn.edu

Questions? Contact us at 215-573-9076 or prcceh@pennmedicine.upenn.edu

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