

Ingredients to Avoid:

Avoid:	Why:
Bleach or Sodium Hypochlorite	Known to cause and trigger asthma; causes severe skin burns and eye damage
Triclocarban & Triclosan	Suspected endocrine disruptors
2-butoxyethanol & ethylene glycol monobutyl ether	May cause cancer in humans, affect fertility, damage unborn fetus, as well as the liver and kidneys; can irritate the skin and eyes; inhalation causes irritation to nose and throat
Fragrances & Phthalates	Many are irritants; can trigger allergies, migraines, and asthma symptoms; can affect a child's neurodevelopment, sexual development, and thyroid function
Alkylphenol ethoxylates	Suspected endocrine disruptors; toxic to aquatic animals
d-Limonene	Reacts with ozone and other compounds in the air to form formaldehyde, a known carcinogen
Dyes (may be listed as FD&C or D&C)	May cause cancer; can harm nervous system
Ethanolamines	Skin irritants; severe eye irritant, can trigger asthma; may damage the liver and kidneys; high exposure may affect the nervous system.
Quaternary ammonium compounds (QUATS)	Are irritants and sensitizers, can induce an allergic response following skin contact; trigger asthma; may cause adverse genetic and reproductive effects.

In the event that you are unable to make your own green cleaner, you should look for products that have been certified by a reputable third-party group such as Safer Choice, Green Good House Keeping, and Green Seal. To find third party certified cleaning products visit:

Safer Choice - www.epa.gov/saferchoice
Green Good Housekeeping - www.goodhousekeeping.com/
Green Seal - www.greenseal.org



More information about safer tools, products and practices for cleaning, sanitizing and disinfecting can be found in *Green Cleaning, Sanitizing and Disinfecting: A Toolkit for Early Care and Education*, available at www.informedgreensolutions.org/?publications/green-cleaning-toolkit



Green Cleaning 101

A Healthy Home for All

indianahealthyhomesalliance.org
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Indiana Healthy Homes Alliance (IHHA) is a program of Improving Kids' Environment (IKE).



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