

Breathe Easy While Cleaning

Hazardous chemicals can often be found in common cleaning products. For example, products containing ammonia or chlorine bleach are highly irritating to the lungs and are harmful to the environment if disposed improperly. Companies are not required to list ingredients so you may not be able to tell if hazardous chemicals are in the product. **Protect yourself by looking for the signal word on product labels.** Below is a chart to help you understand what the signal words mean. Look for environmentally-friendly, healthier cleaning products that are now available in most stores or you can make your own.

Hazard Level	Signal Word	What the Label Means
MOST DANGEROUS	POISON	Highly toxic
	DANGER	Extremely flammable, corrosive or highly toxic
	WARNING	Moderate hazard
LEAST DANGEROUS	CAUTION	Mild or moderate hazard

CAUTION: HARMFUL IF SWALLOWED. EYE IRRITANT. VAPOR MAY BE HARMFUL. DO NOT MIX WITH OTHER HOUSEHOLD CHEMICALS OR BLEACH AS TOXIC FUMES MAY RESULT. DO NOT REUSE EMPTY BOTTLE.
 Use in well ventilated area. In case of contact with skin or eyes, flush with cool water for 15 minutes. Call physician if irritation continues. If swallowed, do not induce vomiting; drink a glass of water followed with milk. Call a physician immediately. Contains Water, Lactic Acid, Gluconic Acid, Lauramide Oxide, 1-Butoxy-2-propanol.

PELIGRO: DANINO SI SE INGIERE. IRRITANTE DE LOS OJOS. EL VAPOR PUEDE SER PERJUDICIAL. NO MEZCLE CON OTRAS SUSTANCIAS QUÍMICAS DOMÉSTICAS NI CON BLANQUEADOR YA QUE SE PODRIAN PRODUCIR VAPORES TÓXICOS. NO VUELVA A UTILIZAR LA BOTELLA VACÍA. MANTENGA FUERA DEL ALCANCE DE NIÑOS. Use en un área bien ventilada. En caso de contacto con la piel o los ojos, enjuague con agua fría durante 15 minutos. Llame al médico si la irritación persiste. Si se ingiere no induzca el vómito; beba un vaso de agua seguido de leche. Llame inmediatamente al médico. Contiene Agua, Acido Láctico, Acido Gluconico, Óxido de Lauramino, 1-Butoxy-2-propanol.



For more information and recipes (such as furniture polish and drain cleaner), visit www.ct.gov/deep/greencleaning.
 CT Department of Environmental Protection, 79 Elm St., Hartford, CT 06106-5127, (860) 424-3297. Revised 03/2012

Recipes for Healthy Cleaners

All Purpose Cleaner - Pour 3 Tablespoons vinegar, 1 teaspoon borax and 2 cups hot water into a spray bottle. Shake until dissolved. Then add 1 teaspoon liquid soap (or dishwashing liquid) to the bottle and shake it again. Spray on surface and then wipe clean. For tough dirt, leave cleaner on for a few minutes and then wipe off.



Glass Cleaner - Pour 2 Tablespoons of vinegar and 2 cups of water into a spray bottle. Add 2 drops of liquid soap (or dishwashing liquid) and shake to mix. Spray on glass and wipe with lint-free cloth. Dry off with a second lint-free cloth.

Sink, Tub and Tile Cleaner - Sprinkle on baking soda, rub with wet sponge or scrub cloth and rinse. For mineral deposits, soak a cloth in vinegar and leave it on the deposit for about an hour and then clean off area. For soap scum deposits, spread liquid soap or clarifying shampoo on the surface and leave it for about an hour. The deposits will be softened and then can be cleaned away with a scrub cloth or a brush. For mold or mildew, make a paste of borax and water and put it on the surface to be cleaned. Leave paste on the area for about an hour and then scrub it off.



Toilet Bowl Cleaner - Squirt vinegar from squeeze bottle under the rim. Pour about ½ cup borax into the toilet and use a toilet brush to clean the bowl. For mineral deposits, leave mixture in toilet for at least an hour. Then use the brush again to clean. Use the all-purpose cleaner and a sponge or scrub cloth to clean the seat and outside of the bowl.

Oven Cleaner - Make sure oven is turned off. Make a paste of baking soda and water and put on the sides and bottom of the oven. Let it set overnight. Scoop out baking soda and then wipe clean with damp cloth. Use scouring pad for tough spots.

