

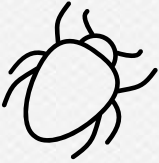


Tips for a Healthy Home



Choose fresh or frozen fruits and vegetables.

Keep food in glass or stainless steel containers, not plastics.



Use insect baits; not insecticides, bombs, or chinks.



Don't smoke. Avoid smoke from tobacco, cooking and fireplaces.

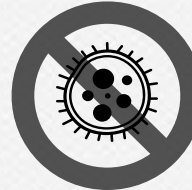


Make a household cleaner with:

- 1 cup of white vinegar
- 1 cup of water
- 10-20 drops of lemon juice or Dawn



Avoid sweeping. Clean with a wet cloth or mop instead of a dry cloth.



Use microfiber cleaning cloths, they pick up 99% of germs.



Leave shoes at the door to avoid carrying toxic chemicals into your home.

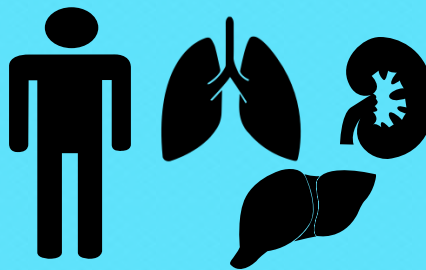


Use lead free paints, glues and materials for home improvements.

How toxins affect our health

Short-term effects:

- Skin Irritations
- Sore Throat
- Dizziness
- Loss of Coordination



Long-term effects:

- Chronic Bronchitis
- Liver and Kidney Damage
- Asthma
- Reduced Sperm Counts
- Birth Defects
- Cancer

Toxins commonly found in household products



Chlorine and Ammonia

Glass cleaners, toilet bowl cleaners



Sodium Hydroxide

Oven cleaners and drain openers



2-Butoxyethanol

Multipurpose cleaners



Added Fragrance

All fragranced household products



PCE- Tetrachloroethylene (PERC)

Spot removers, carpet cleaners



Triclosan

Dishwashing detergents, antibacterial hand soaps

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