





Objectives -

- not to kill germs (virus/bacteria) but cleaning helps remove germs, decreasing the risk of spreading infections

Does this look familiar?





- Some ingredients in common cleaners are linked to allergies, asthma, and other long-term effects like reproductive harm and cancer.
- Regular cleaning with plain soap and water along with good rinsing are effective in lifting dirt and microbes away.
- Don't confuse cleaning with disinfecting clean first, and then only disinfect if necessary.
- Common antimicrobial chemicals to avoid include triclosan, triclocarban, and ammonium quaternary compounds ("quats").
- Chlorine bleach is preferable if disinfection is truly needed, but should be used minimally.
- Instructions for using antimicrobial products vary greatly, so carefully follow directions on pre-cleaning, dwell time, and rinsing to ensure a product will work as intended.



Review Product Signal words - what that the government rules say must be included on product labels if they meet the criteria.





Ewg.org/guides/cleaners







- There are no regulations in place that require products to meet any standards when these words are used.
- Truthful but unimportant claims
- Distracting claims



These labels are all supported by independent organizations that require some form of testing. Some of them may be more rigorous or assess kinds of hazards than others, but they are all backed up by some sort of standard test that should be done by a lab without financial influence from the parent company.

Commercial products

- Should have meaningful labels
- Specialized formulations for specific jobs
- Long shelf life



Synthetic fragrances can trigger asthma and may contain hormone-disrupting chemicals.

https://www.forceofnatureclean.com/truth-about-toxic-fragrances/

- "Fragrance" can hide more than 100 toxic ingredients.
- Fragrances are considered to be "trade secrets". The fragrance industry regulates itself, so that safety testing does not have to be confirmed by regulators before products are sold to consumers.
- Health risks: allergens, hormone disruptors, asthma triggers, neurotoxins & carcinogens.
- Fragrances commonly contain phthalates, which are chemicals that help the scents last longer. Health risks include cancer, human reproductive and developmental toxicity, endocrine disruption, birth defects & respiratory problems.
- Fragrance chemicals, like other toxic chemicals, can pass from the skin and into the blood.
- So called "natural fragrances," "fragrance-free" or "unscented" can be just as toxic as synthetic fragrances as there is no standard criteria for what these words mean
- Fragrance chemicals aren't actually making your product perform better they are just giving you that perception. We've been trained to think that clean has a smell, when in truth that's not the case.
- Check the ingredient list, because sometimes manufacturers use masking fragrances to cover the chemical smell of their products.



Baking soda (sodium bicarbonate). Mild abrasive. Absorbs odors.

Hydrogen peroxide, 3% solution. Disinfectant.

White vinegar: Removes soap scum, grease, mineral deposits. Deoderizer. (Apple cider is ok too but more expensive. Homemade kombucha works also.) The "Four Monks" brand sold at Costco comes in a 2-pack box with 10 Quick Tips using vinegar for cleaning, and another 10 Quick Tips using vinegar in food preparation.

Liquid/castile soap: Vegetable-based. Dr. Bronner's is easiest to find.

(Liquid detergent: Most are petroleum-based. Use vegetable-based liquid soaps.)

Washing soda (sodium bicarbonate): Slightly caustic grease cutter. Don't use on waxed floors (except to remove wax), or on fiberglass or aluminum. Found in laundry sections.

Borax (20-Mule Team Borax): Effective cleaner. Strong alkaline, can be toxic when concentrated. Found in laundry section.

Essential oils: Used mostly for deodorizing or scenting. May be toxic in concentrated forms.

Tea tree oil (essential oil): Fungicide, bactericide; in the process of being registered as a disinfectant in US.

Microfiber cloths: Even with plain water, have been shown to leave surfaces as clean as commercial disinfectants.

For future investigation:

Beeswax, carnuba wax (wood polishers)

Bon Ami

Diatomaceous earth



Safer Scrubber – it's easier then All-Purpose Cleaner Window Cleaner – Most fun to make



Main ingredients, vinegar and baking soda, cost 2 cents per ounce. Peroxide about 3 cents, oil and isopropyl alcohol about 4 cents per ounce. And those are undiluted prices!

Commercial Products...... $6 \notin to 16 \notin including water$ Homemade Recipes...... $2 \notin to 4 \notin before adding water$ Plus: No shopping hassles No disposable containers Reduced storage space









More is not better, it is toxic Don't add more drops then what we say Medicinal versus scent



- Use separate cutting boards for meat and vegetables, and wash the meat cutting board in the dishwasher.
- Use nylon dish brush or disinfect sponges weekly by boiling in water for a least three minutes or microwave for a minute.
- Antibacterial soap provides no benefit over plain soap and water.



• Find information about registered disinfectants and recommended contact times (time a cleaner should be in contact with a surface) on the Environmental Protection Agency's website: <u>https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.</u>