

Is Your Home A Healthy Home? - Toxin Checklist

Each year, over 1 million children are accidentally poisoned in their homes. 250,000 of these victims are hospitalized 3,000 children will end up in intensive care. Dozens more will die. Thousands of children and adults are permanently disfigured or injured through contact with chemicals in the home, each year. Incredibly, the most common substance to poison children is a household cleaner. Many of these products are considered safe! Think of your own home you probably have dozens of bottles of cleaners, containing hundreds of chemicals. Could an accident happen in your home? Check off the products you use in your home and evaluate your risks. All information comes from actual manufacturer's Material Safety Data Sheets and National Poison Control Centers.

Liquid Bleach - DANGER! - Causes severe eye injuries. Can damage mouth, throat, and stomach. Vapors irritate the nose, throat, and lungs.

Toilet Bowl Cleaner - DANGER! - Contains hydrochloric acid which is highly corrosive. Burns the skin, mouth, and throat. Causes blindness.

Furniture Polish - DANGER! - Contact with skin can dissolve vital skin oils and cause severe dermatitis (skin burns). Can permanently injure eyes.

Stainless Steel Cleaner - DANGER!
Can burn the eyes and skin. Vapors can cause headaches, dizziness and stupor.

Aerosol Dusting Spray - DANGER! Flammable. Irritates the eyes, lungs. 5,000 people visit emergency rooms each year with an aerosol can-related injury.

Oven Cleaner - DANGER! - Contains lye which is highly corrosive. Burns the skin, mouth, throat, and stomach. Causes permanent blindness.

Brass, Copper, Silver Polish - WARNING! Can cause moderate eye and skin damage and burns. Fumes can cause headaches, dizziness and stupor.

Carpet Shampoo - WARNING! - Can cause moderate to severe burns to eyes and skin. Vapors can irritate the nose, throat and lungs.

Carpet Stain Remover - WARNING! - Can cause moderate to severe damage to eyes and skin. Vapors can cause respiratory distress.

Upholstery Stain Remover - WARNING! - Can cause moderate to severe damage to skin and eyes. Ingesting can lead to abdominal tenderness and bleeding.

Disinfectant Cleaner - WARNING! - Contains flammable propellants. Can burn skin and cause permanent corneal damage. Fumes can strongly irritate the nose, throat and lungs.

Powdered Bleach - WARNING! - Breathing the dust can produce asthma-like symptoms. Damages eyes and skin. Mixing with ammonia can produce deadly fumes.

Aerosol Air Freshener - WARNING! - Contains highly flammable propellants. Can cause moderate irritation to the eyes. Can cause mild to moderate lung irritation, including asthma-like symptoms.

Window Cleaner - WARNING! - Can cause moderate irritation and damage to eyes. Fumes can be moderately to highly irritating to the lungs. Can irritate the skin.

All-Purpose Cleaner - WARNING! - Strong lung irritant. Can cause mild to moderate damage to the eyes. Fumes can cause weakness and dizziness.

Basin, Tub, & Tile Cleaner - WARNING! Some are flammable. Contains acids that can burn the skin and cause corneal damage. Vapors can cause strong respiratory irritation.

Tile/Hard Water Spot Remover - WARNING! Contains corrosive acids that can cause moderate burns and irritation to skin and eyes. Vapors can be highly irritating to nose, throat, and lungs.

Floor Cleaner - WARNING! - Contains corrosive acids that can cause moderate burns and irritation to skin and eyes. Can burn mouth and throat. Can cause blindness.

Scouring Powder with Bleach - WARNING! Can cause moderate irritation to skin. Can burn mouth and throat. Can cause permanent eye damage. Gives off irritating fumes when wet.

Drain Cleaner - WARNING! - Burns mouth, tongue, throat, and stomach, causing permanent damage. Can cause severe eye damage and blindness.

Automatic Dishwashing Liquid - WARNING! Strong skin irritant. Can burn throat. Many products contain bleach which can cause swelling and tearing of eye tissue. Vapors can cause headaches.

Automatic Dishwashing Powder - WARNING! Strong eye and skin irritant. Contains corrosive bleach that can burn mouth and throat. Most common reported poison among children.

Dishwashing Liquid - CAUTION! - Possible skin irritant. Can cause swelling and tearing of eye tissue. Vapors can cause labored coughing, labored breathing, and in severe cases, death.

Liquid Laundry Detergent - WARNING! Strong eye irritant, can cause corneal damage. Can irritate the skin. Vapors can cause coughing, labored breathing, and in severe cases, death.

Powdered Laundry Detergent - WARNING! Can burn the skin and eyes, can cause corneal damage. Dust can cause headaches, dizziness, labored breathing, and in severe cases, death.

Liquid Fabric Softeners - CAUTION! - Mild eye irritant. Skin irritant. Vapors can cause headaches, dizziness, nausea, labored breathing, and in severe cases, death. Can aggravate asthma symptoms.

Fabric Softener Sheets - CAUTION! - Possible skin irritant. Can irritate eyes. Vapors can cause headaches, dizziness, nausea, and in severe cases, death.

Powdered Carpet Deodorizer - CAUTION! Contact with skin can produce mild irritation. Contact with eyes can cause abrasive eye damage. Dust can irritate the lungs and aggravate asthma symptoms.

Aerosol Deodorant - DANGER! - Contains highly flammable propellants. Vapors can irritate the lungs and eyes.

Aerosol Hair Spray - DANGER! - Contains highly flammable propellants. Can cause eye damage due to direct contact. Skin irritant. Vapors can cause headache, dizziness, and fatigue.

Mouthwash - CAUTION! - Eye, nose and throat irritant.

Ingestion can lead to dizziness and stupor. Most products contain 20% ethyl alcohol. Each year a number of young children die from ingestion.

Cologne/Perfume - Most scents contain enough alcohol to harm and kill a child after ingesting only a few swallows. Many ingredients can irritate the skin and burn the eyes.

Cosmetics - Cosmetics are second only to cleaning products as a poisoner of children. They are not regulated like cleaners and many have no warning labels.

All cleaning products are harmful if swallowed. However, products come with a "signal word" that designates the level of toxicity of the product "DANGER!" indicates the product is highly toxic (less than a teaspoon can harm or kill an adult), corrosive (can burn the skin or the eyes), or flammable. "WARNING!" means the product is moderately toxic (a teaspoon to an ounce can harm or kill an adult). "CAUTION" means a product is slightly toxic (more than an ounce can harm or produce a toxic effect in an adult). Of course, much less is needed to harm or kill a child.

The labels on products only have to warn of the acute (immediate) harms from ingesting a product, breathing the fumes, or contact with the eyes and skin. They don't reveal the harms presented by chronic (long-term) exposure to the chemicals in these products. Now flip the page to see the long-term risks presented by chemical vapors released by the products in your home.

As you have seen, many household cleaners are very dangerous. They are just as dangerous when they are used properly and even when they are not being used at all. Most products "outgas" chemical vapors that may produce profound chronic harms. One study found women who worked at home had a 54% higher cancer rate than those who worked outside the home. Infertility is on the rise. Cancer in children has risen 20% over the past two decades. It is the number one killer of children by disease. The asthma rate has tripled in children over the past twenty years. Asthma deaths in children have increased 118% since 1980. ADD and learning disorders have skyrocketed over the last twenty years. All these conditions have been linked to chemicals in the home. In fact, one study has linked 50% of all health problems to deteriorated indoor air quality. Take a look at the products you use and the possible dangers you are being exposed to. Consider how many different chemicals are in your home's air and the potential danger of that "toxic cocktail."

___ Liquid Bleach - Vapors have been shown to interfere with brain function. Vapors have been shown to aggravate heart conditions and asthma. Suspected to affect reproductive system.

___ Toilet Bowl Cleaner - Vapors have been shown to interfere with brain function and produce asthmalike symptoms. Can cause muscle spasms, damage to blood tissue, and reproductive disorders.

___ Furniture Polish - Contains phenol, petroleum distillates, heavy naphtha. Repeated exposure has been linked to cancer, birth defects, heart, liver, kidney and central nervous system (CNS) damage.

___ Stainless Steel Cleaner - Contains methyl chloride, carbon dioxide. Repeated exposure has been linked to central nervous system damage. Vapors can induce heart attacks.

___ Aerosol Dusting Spray - Propellants are butane and propane. Exposure can cause central nervous system (CNS) disorders. Can irritate lungs, triggering asthma-like symptoms.

___ Oven Cleaner - Contains lye, ammonia. Fumes have damaged the lungs and reproductive systems of laboratory animals. Can cause brain damage, kidney damage and reproductive disorders.

___ Brass, Copper, Silver Polish - Contains benzoin, ammonia and petroleum distillates. Possible harms include central nervous system (CNS) disorders, cancer, and asthma-like symptoms.

___ Carpet Shampoo - Contains 2-butoxy ethanol; formaldehyde, perchlorethylene. Long-term harms include cancer, liver damage, kidney damage, bone marrow damage, CNS disorders.

___ Carpet Stain Remover - Contains 2-butoxy ethanol, formaldehyde, perchlorethylene. Long-term harms include cancer, liver damage, kidney damage, bone marrow damage, CNS disorders

___ Upholstery Stain Remover - Contains 2-butoxy ethanol, formaldehyde, perchlorethylene. Long-term harms include cancer, liver damage, kidney damage, bone marrow damage, CNS disorders

___ Disinfectant Cleaner - Contains phenol, 2-butoxy ethanol, formaldehyde. Harms include cancer, CNS disorders, liver damage, reproductive disorders, kidney damage.

___ Powdered Bleach - Long-term exposure to dust can cause sensitivities, chronic lung irritation, and asthma-like symptoms.

___ Aerosol Air Freshener - Contains butane, propane, ammonia, phenol, and formaldehyde. Harms include cancer, CNS damage, liver damage and tumors.

___ Window Cleaner - Contains ammonia and 2-butoxy ethanol. Linked to reproductive disorders, kidney damage, liver damage, bone marrow damage, and tumors.

___ All-Purpose Cleaner - Contains ammonia, 2-butoxy ethanol, and phenol. Linked to cancer, reproductive disorders, kidney and liver damage. Can cause chronic lung irritation.

___ Basin, Tub, & Tile Cleaner - Contains 2-butoxy ethanol, ammonia. Linked to tumors, CNS disorders, liver damage, kidney damage, reproductive disorders.

___ Tile/Hard Water Spot Remover - Contains lye, bleach, various acids. Linked to chronic lung irritation, asthma, bronchitis. Vapors can affect CNS and trigger heart attacks.

___ Floor Cleaner - Contains petroleum distillates, ammonia. Linked to cancer, CNS disorders, tumors, kidney damage, liver damage. Fumes can produce asthma-like symptoms.

___ Scouring Powder with Bleach - Contains bleach and quartz silicate. Inhalation of quartz silicate is known to cause cancer. When wet, this product releases chlorine gas, which is toxic.

___ Drain Cleaner - Contains bleach, lye. Vapors can cause CNS depression, can aggravate heart conditions, asthma and bronchitis.

___ Automatic Dishwashing Liquid - Contains ethyl alcohol, bleach, and heavy fragrances. Vapors can cause CNS depression, nausea, lung irritation and in severe cases, coma and death.

___ Automatic Dishwashing Powder - Contains sodium silicate, bleach. Repeated or prolonged exposure to vapors or dust can cause irritation of the lungs, CNS disorders, and in severe cases, death.

___ Dishwashing Liquid - Contains ethanol, glycol ethers, formaldehyde, ammonia. Mixing product with bleach can produce toxic fumes. Repeated exposure can cause asthma-like symptoms and harm CNS.

___ Liquid Laundry Detergent - Contains ethanol, triethylene glycol. Repeated exposure to fumes can cause chronic lung irritation. Repeated contact with skin can cause dermatitis.

___ Powdered Laundry Detergent - Contains sodium silicate, sodium carbonate, bleach. Exposure to dust can cause CNS depression, labored breathing, and in severe cases, death.

___ Liquid Fabric Softener - Formaldehyde, artificial fragrances. Chemicals are designed to cling to clothing - causing exposure to harmful ingredients all day long. (see Fabric Softener Sheets for details)

___ Fabric Softener Sheets - Prolonged exposure to chemicals can cause headache, CNS depression, nausea. Can cause nose and throat irritation, labored breathing.

___ Powdered Carpet Deodorizer - Contains sodium aluminosilicate - a suspected human carcinogen. Exposure to dust can cause lung irritation, asthma-like symptoms and headache.

___ Aerosol Deodorant - Contains propane, butane, formaldehyde, ammonia. Formaldehyde can cause cancer. Vapors can cause CNS depression, damage to lungs, liver, kidneys, and heart.

___ Aerosol Hair Spray - Contains propane and butane. Long-term exposure can lead to CNS depression, headache, dizziness, stupor, chronic lung irritation.

___ Mouthwash - Contains formaldehyde (a suspected carcinogen), ethyl alcohol. Can cause CNS depression.

___ Cologne/Perfume - Contains formaldehyde, toluene, petroleum distillates. Can depress the CNS, cause cancer, cause chronic irritation of the lungs and skin.

___ Cosmetics - Many contain formaldehyde as a preservative - a possible human carcinogen. Many cosmetic products are untested and unregulated. Use extreme caution.

Cancer in smokers is the result of daily exposure to the trace amounts of carcinogens in cigarettes. In the same way, people who are exposed daily to low levels of carcinogens in their cleaning products face the same risks. Chemicals in household products also put the user at risk for nervous system damage, kidney damage, liver damage and asthma. Children are especially vulnerable to the chemical fumes released by these products. Fortunately, switching brands is easy. There are companies that manufacture safer products for your home. They are free from ammonia, phenol, chlorine, petroleum distillates, synthetic solvents and other dangerous ingredients. Talk to the person who shared this sheet with you. They'll be able to help you the most