



# Tips for a Healthy Home



Choose fresh or frozen fruits and vegetables.

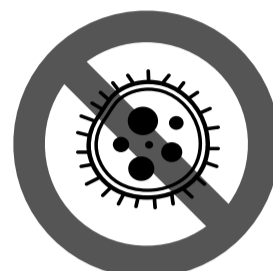
Keep food in glass or stainless steel containers, not plastics.



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



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



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



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



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



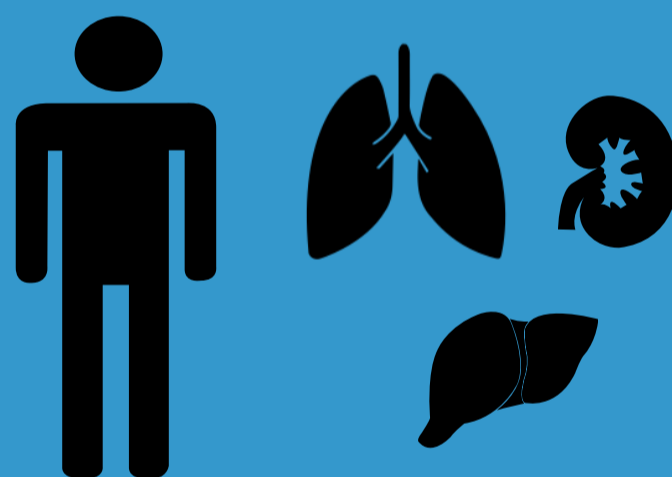
Make a household cleaner with 1 cup of white vinegar + 1 cup of water + drops of lemon juice or Dawn



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

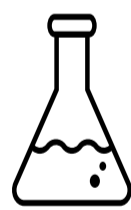
## How toxins affect our health

**Short-term effects:**  
Skin Irritations  
Sore Throat  
Dizziness  
Loss of Coordination



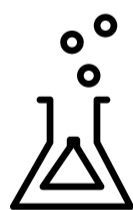
**Long-term effects:**  
Chronic Bronchitis  
Liver and Kidney Damage  
Asthma  
Reduced Sperm Counts  
Birth Defects  
Cancer

## 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



**Quaternary ammonium cations (Quats)**

Fabric softener liquids, household cleaners labeled antibacterial



**Phthalates**

Air fresheners, dish soap, products with fragrance

## USC Environmental Health Centers

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