

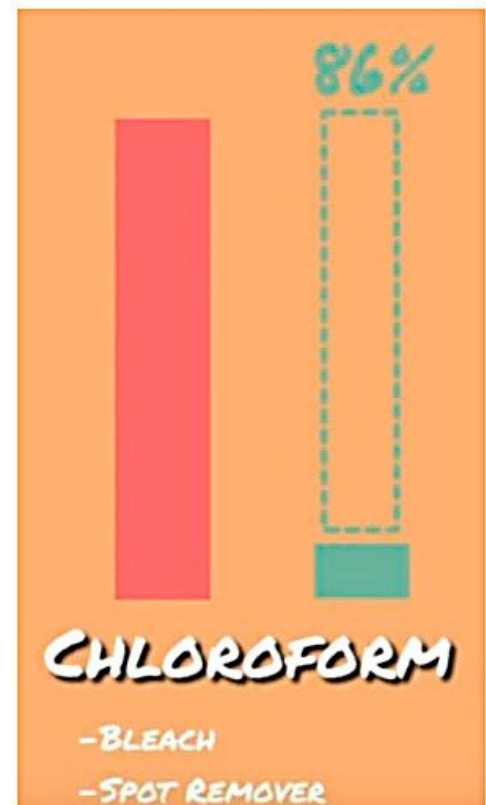
# LUCIR STUDY



Some cleaning products may contain harmful chemicals like **carcinogens**, **hormone disruptors** and **respiratory irritants**. **Carcinogens** are substances that increase your risk of cancer. **Hormone disruptors** may negatively impact your body's normal development. **Respiratory irritants** get in your lungs and can cause breathing problems.

## STUDY RESULTS:

Our study found high levels of chemicals in the air when participants cleaned with their regular cleaning products. When people switched to green products **the levels of 17 chemicals of concern went down**. For example, the graph below shows decreases in three important chemicals: **acetaldehyde** (reduced 38%), **1,4-dioxane** (reduced 49%), **chloroform** (reduced 86%), all just by switching to green products!



But, levels of certain chemicals increased with the green products! Three chemicals of concern used in fragrance increased. This shows us that even products labeled "natural" are not always safe if they have a strong scent. **We recommend choosing unscented and green cleaning products or making your own products at home!**

## HOME MADE PRODUCTS:

Have a clean home, protect your family, and save money by making your own safer cleaning products at home! (Recipes at right.)

## REDUCING EXPOSURES:

We hope you use green cleaning products! Other ways to reduce your exposures to harmful chemicals:

- ◆ **Always read labels carefully**, avoid products with warnings like "Danger" and "Caution".
- ◆ **Never mix products together**. This can cause dangerous chemical reactions.
- ◆ **Make sure the room is well ventilated** while cleaning. Open windows and doors and use a fan.
- ◆ **Wear protection** like gloves, masks, goggles, and an apron or coveralls.



### All Purpose Cleaner:

Mix hot water with ½ teaspoon of washing soda and ½ teaspoon of liquid soap or dish detergent.

### Glass Cleaner:

Mix 2 cups water, 1/4<sup>th</sup> cup white vinegar and ½ teaspoon "green" dish detergent. Pour into spray bottle.

### Kitchen:

Grease-fighting surface cleaner:  
Mix 2 cups vinegar and 4 tbs of salt

Oven stain cleaner:  
Sprinkle baking soda, moisten with water. Let stand overnight, wipe and rinse

### Bathroom:

Soft scrub for surfaces:  
Wet ½ cup baking soda with a little liquid soap to get a frosting-like consistency. For stubborn stains, try oxygen (color-safe) bleaches. Wear gloves.

### Laundry:

Instead of fabric softener/ dryer sheets, add vinegar to rinse cycle to prevent static cling, soften, brighten, & reduce odors.

## WATCH OUR VIDEOS!

Our youth researchers made an animated series to talk about our study and how to protect your family! Please use the links below to watch, and share them out!

ESPAÑOL: <http://bit.ly/LUCIRespanol>

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ENGLISH: <http://bit.ly/LUCIEnglish>