



# 4 TIPS FOR SAFER CLEANING

Many cleaning products don't disclose all or any of their ingredients. Though you can and should read the general label, this means the full ingredients list may not be there to help determine product safety. Read on for tips and tricks that can help you protect yourself and your household!

*Brought to you by Black Women for Wellness with research support from our partners Women's Voices for the Earth, Silent Spring Institute, and Breast Cancer Prevention Partners.*





**Be careful not to inhale dust.**

01

For your respiratory health, you may use a wet towel, microfiber cloth, or HEPA filtered vacuum to clean dust rather than stirring it up with a brush or dry tool.



**Avoid products with labels that say they contain dangerous or poisonous chemicals.**

03

Some product labels may say “Danger,” “Caution,” and/or “Poison.” Read labels and please avoid these chemicals because a product doesn’t need to be dangerous to effectively clean.



**Fragranced, antimicrobial, and antibacterial products are not our friends.**

02

Steer clear of these products as they are likely to contain an excess of harmful chemicals that aren't necessary for most cleaning.



**Consider alternative cleaning products and methods.**

04

White vinegar, castile soap, baking soda, and citrus fruits can all be powerful and safe cleaning ingredients. Try purchasing or making products with clean ingredients & check out resources like Clearya for help choosing products!

**Gentle Reminder**

Those in positions of power haven’t done enough to protect consumers from harsh chemicals in cleaning products. Please be kind to yourself and remember that there are people fighting for change! As a consumer, you can support by staying involved with BWW and keeping an eye out for policy aimed at ushering in safer products for all.