

## **CLEANING SAFELY TO REDUCE HOME HAZARDS, AND HEALTHY, SAFE CLEANING SOLUTIONS**

**Presentation by Sandra Reddy, BSN, RN, one of the founders and past chair of Nurses Healing Our Planet, February, 2012**

### **Healthy, Cheap and Safe...all you need:**

Baking soda, Borax, clear vinegar, alcohol, liquid soap, rubber gloves, microfiber or cloth rags, sponges, plastic spray bottles, brushes **HEALTHY AND SAFE CLEANING SOLUTIONS**

**Bacteria, Mold, etc.:** Spraying clear vinegar regularly will kill 99% of bacteria; 82% mold, and 80% of all germs and viruses.

**Dusting:** Use a wet rag to dust. A little olive oil and water on a rag is a safe furniture polish.

**Toilet Bowl:** Pour 1/2 cup Borax into the bowl at night. In the morning, clean with a brush.

### **Why go pesticide-free? Health effects associated with pesticides include:**

- Eye, nose, throat irritation
- Skin rashes, stomach cramps, nausea
- Central nervous system damage Kidney damage Increased risk of cancers
- Contribute to at least a 7- month lag in the IQ's of exposed children

**Pesticides and poisonings: 88% of households with children under 5 store pesticides within reach of children.**

**Call 1-800-222-1222, National Capital Poison Center; you will be automatically re-routed to your local Poison Center.**