

# Chemical Hazards in Your Home



## candles

### Don't use scented candles.

They are oil-based, and give off chemicals and smoke that often trigger asthma attacks and can also cause damage to the brain and lungs.

Asthma sufferers should avoid perfume, incense, and fireplace smoke, all of which can trigger an asthma attack.

Avoid imported candles which may contain lead.

Choose 100% beeswax candles. They last longer, and they are non-toxic.

## cleaners

**Most household cleaning products cause health concerns, irritating skin, breathing, or allergies. Others are linked to chronic or long-term effects such as cancer. These are especially dangerous for children.**

**Don't use:** Lysol Spray, Mr. Clean Multi-Surface Spray Cleaner, or Walmart Great Value All Purpose Cleaner with Bleach.

**Instead, make your own** (see back), or buy Honest Multi-Surface Spray, Mrs. Meyer's Clean Day All-Purpose Cleaner, or Method All-Purpose Cleaner.

## air fresheners

You think they are clearing the air of bad odors, but air fresheners—whether you spray them or plug them into the wall—can leave you sneezing and wheezing.

Fragrances in air fresheners can cause **asthma to flare up** or cause **allergic reactions**.

These products only mask odors. They do not get rid of them.

**Instead, replace air fresheners with organic pure essential oils.**

## liquid soaps

If you are using an anti-bacterial soap like Dial or SoftSoap, **STOP**. These are harmful to your health!

What's worse, they **DO NOT** kill germs any better than plain soap and water.

Anti-bacterial soaps contribute to the growth of "super bugs", cause health problems by killing good bacteria that live on our bodies, and pollute our environment.

Instead, use fragrance-free bar soap or liquid soaps like Method or Mrs. Meyer's.

For more healthy homes tips,  
 visit [www.isles.org](http://www.isles.org)

