



## EcoHealth and Your Home – A Quick Guide

### SNAPSHOT: Is your home making you feel ill?

You might be feeling:	You home might have:	Possible Sources:
<input type="checkbox"/> Eye irritation <input type="checkbox"/> respiratory irritation <input type="checkbox"/> skin irritation <input type="checkbox"/> dizziness <input type="checkbox"/> throat irritation <input type="checkbox"/> congestion, <input type="checkbox"/> nausea <input type="checkbox"/> Fatigue <input type="checkbox"/> nose and eye irritation <input type="checkbox"/> drowsiness, <input type="checkbox"/> disorientation, <input type="checkbox"/> nerve problems, <input type="checkbox"/> gastrointestinal irritation <input type="checkbox"/> Headaches	Chip board, nail polish, air fresheners, chemical stabilizers, wood preservatives and coatings Laundry detergent, perfume, fabric softener, paints, oven cleaner, floor polish/wax, household cleaner, synthetic cosmetics and creams, plastics with phenols, freshly dry-cleaned clothes, de-greasers, cleaning solutions, vinyl toys, vinyl shower curtains, new carpets, stain removers, lacquers, chemical bug spray,	Formaldehyde Benzenes (benzol) Dichlorobenzene Diethylene glycol Phthalates PCBs TCEs Benzaldehyde Ethyl acetate Limonene Phenols Ethanols Acetone, VOCs PVCs Vinyl chloride Toluene  Many of these chemicals are toxic to the immune system and are carcinogens
<input type="checkbox"/> Moody <input type="checkbox"/> neurological problems, <input type="checkbox"/> fatigue <input type="checkbox"/> respiratory problems	Leaky basement or ceiling or walls, poorly ventilated bathroom	Mold (black mold growth, mold growth on houseplant soil)
<input type="checkbox"/> trouble sleeping, <input type="checkbox"/> burning ears and face <input type="checkbox"/> coughing, sneezing <input type="checkbox"/> congested	Plush Carpets, old cushions and comforters, pets, plush toys, dirty air vents, open shelves	Dust, dust mites, pet dander

It can be overwhelming and bit scary, but it's not hopeless! The main key to improving your health at home is to eliminate the use of problem-causing substances from your home.

This quick guide offers some basic tips and solutions on keeping your home a healthy oasis free of allergens and chemicals.

<u><b>ROOMS</b></u>	<u><b>POSSIBLE DIFFICULTIES</b></u>	<u><b>SUGGESTIONS</b></u>
<b>Kitchen</b>	<p><b>Plastic, Teflon or aluminum cookware, Tupperware</b></p> <ul style="list-style-type: none"> <li>-off-gas chemicals</li> <li>-toxic odours when heated</li> <li>-Bakelite handles are plastic</li> <li>-phenol and formaldehyde are emitted</li> <li>-some plastic ready-to-boil/microwave packages will leach BPA chemical when heated</li> </ul>	<ul style="list-style-type: none"> <li>-Pyrex and Corning Ware</li> <li>-stainless steel</li> <li>-iron skillet</li> <li>-ceramic skillet</li> <li>- food store in glass</li> <li>-Corning Ware chopping block</li> <li>- cellophane bags</li> <li>-do not re-heat food in any plastic containers/ plastic baggies, use glass/ceramic</li> </ul>
<b>Bathroom</b>	<p><b>Any discoloration of black or white around the window, behind the toilet, on the tiles in the shower, on the ceiling</b></p> <ul style="list-style-type: none"> <li>-mold could often be a problem because of the moist condition in the room. Black mold is especially problematic – it can cause respiratory problems, rashes and other health effects.</li> <li>-if you have peeling paint or wall paper or water droplets from windows or a musty smell in the room itself; mold is probably going to be a problem</li> </ul>	<ul style="list-style-type: none"> <li>-it is important that the bathroom be vented properly</li> <li>-open the window after showering</li> <li>-dry the shower curtain after using it</li> <li>-be sure that towels etc. don't remain wet – set out to dry</li> <li>-dry the floor mat after using it</li> <li>-use exhaust fan to push moisture outside</li> <li>-Benzalkonium Chloride – 1:750 (Zephiran) either full strength or mix ½ with water to wipe around the areas to prevent mould build-up or get rid of mould (<b>Note: Zephiran should be used with caution and protection, but it is an alternative to using harsh bleach, or alcohol-based cleaners</b>)</li> </ul>
<b>Basement</b>	<p><b>High Humidity, musty smell</b></p> <ul style="list-style-type: none"> <li>-ideal humidity level is between 30-50-% humidity –</li> <li>-musty smell can be an indication of mold growth</li> <li>-humidifiers can circulate mould or dust – purchase a hygrometer to measure the humidity levels</li> </ul>	<ul style="list-style-type: none"> <li>-avoid moisture in the basement</li> <li>-if the home is dry, used filtered or distilled water in the humidifier</li> <li>-clean humidifier often with ½ water and ½ Zephiran solution</li> <li>-if the basement floods – everything that is damp or wet must be thrown out and professionally renovated</li> <li>-the basement must be totally dry and clear of mold</li> <li>-serious mold growth in the walls or floor will need professional clean up and restoration</li> </ul>

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<b>Living Room</b>	<p><b>Spray air fresheners or stick deodorizers, plug- ins</b></p> <ul style="list-style-type: none"> <li>-spray air fresheners and sticks only cover up the odour; they do not get rid of it</li> <li>-they are chemically based and cause breathing problems or other symptoms for many individuals</li> <li>-volatile organic compounds, (VOC's) end up in the air and contaminate it</li> </ul>	<ul style="list-style-type: none"> <li>-open the window – put on the vent</li> <li>-remove the odour if possible</li> <li>-if tolerated, try a few cloves or a cinnamon stick</li> <li>-baking soda or Borax in dishes may help</li> <li>-Zeolite in a dish may also help</li> <li>-coffee grinds also help (if smell is tolerated)</li> <li>-put a portable air purifier in if necessary</li> <li>-if tolerated, use a few drops of natural essential oil (eucalyptus, lemon, etc) on a cotton ball or a diffuser</li> </ul>
<b>Bedroom</b>	<p><b>Tables or furniture made from particle board</b></p> <p><b>Synthetic carpets that off-gas chemicals</b></p> <ul style="list-style-type: none"> <li>-can have formaldehyde and other chemicals in it that off-gas over time.</li> <li>-synthetic carpets and carpet glues can cause health issues</li> <li>-although you might get used to the smell and not notice it, you body is still being affected by the chemicals. You might get sore throat, cough, itchy eyes, headaches.</li> </ul>	<ul style="list-style-type: none"> <li>-you can paste kitchen foil on the back-side of furniture with particle board to seal off the scent</li> <li>-you can purchase low-odour sealants that you can paint over exposed board to seal in the scent</li> <li>-wash down and air-out furniture before placing it in the home</li> <li>-furniture (and other items) can also be off-gassed by heat. You can heat the room the furniture is in to a higher temperature than normal, then turn off the heat and open the windows; repeat several times.</li> <li>-furniture that needs off-gassing can also be placed in the outdoors in the sun on a hot day.</li> <li>-use natural fibre carpets</li> </ul>
<b>Yard</b>	<p><b>Use of bug sprays and pesticides</b></p> <ul style="list-style-type: none"> <li>- Use of DEET bug/insect spray in summer</li> <li>-Use of products such as Raid to rid of insect populations – all pesticides are highly toxic and should never be used</li> </ul>	<ul style="list-style-type: none"> <li>-burn citronella candles on patios to keep bugs away</li> <li>-sprinkle food grade Diatomaceous earth around problem insect areas (such a carpenter ants, etc)</li> </ul>
<b>Laundry</b>	<p><b>Dust, lint, synthetic fibers</b></p> <ul style="list-style-type: none"> <li>-can cause allergic reactions</li> </ul> <p><b>Toxic chemicals from commercial laundry products, fabric softener</b></p> <ul style="list-style-type: none"> <li>-chemical scents in these products are designed to cling to fabric – often cause respiratory problems and headaches</li> </ul>	<ul style="list-style-type: none"> <li>-clean your appliances regularly</li> <li>-use non-toxic, unscented, environmentally friendly products</li> <li>-Avoid conventional dry cleaning – use environmentally friendly cleaning systems – the “wet-clean” process</li> <li>-Borax, baking soda, washing soda, some Shaklee and Amway, Nature Clean products may be tolerated</li> </ul>