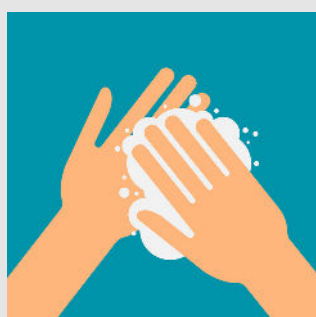


# NON-TOXIC TIPS DURING THE COVID-19

Keeping your body & home healthy



1

## WASH YOUR HANDS

Wash your hands with plain soap and warm water. Make sure to lather for 20 seconds at least. If you do not have access to running water, the next best option is to thoroughly cleanse your hands with an isopropyl alcohol-based sanitizer. Avoid: products with antimicrobial chemicals such as triclosan and triclocarban.



2

## READ THE LABEL

Avoid products that have: quats, triclosan, phthalates (sometimes a hidden ingredient as “fragrance”), VOCs and pesticides. These are found to affect your thyroid system, your respiratory system and some may cause other serious illnesses.



3

## FALSE ADVERTISING OR GREEN WASHING

Be wary of green washing, as cleaners advertised as “natural,” “green”, or “organic” do not necessarily mean they’re safe. Companies are not required to list all ingredients on product labels. Support companies that have a commitment to environmental healthy and safe alternatives. Keeping it simple and making your own basis cleaning products is the safest way to go.



4

## SURFACE DISINFECTING

If you choose to use a disinfectant for a specific need - look for safer cleaners that do not contain quats, and have active ingredients such as hydrogen peroxide, lactic acid or thymol. Please be aware that chlorine bleach is a significant lung and eye irritant.



5

## MAKE COMPANIES ACCOUNTABLE

Most labels provide contact information for the company making the product. Contact them to get the information you need and hold them accountable if they are not environmentally responsible. As a consumer, it is your right!



6

## STAY INFORMED!

Go to [akaction.org](http://akaction.org) and sign up to receive ACAT announcements, including action alerts, non-toxic tips, and notices of upcoming events and CHE-Alaska calls.

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