

# HOUSEHOLD PRODUCTS CAUSE MORE POLLUTION THAN CARS



Products that keep us smelling good -- like deodorant, perfume and lotions -- and our homes looking good -- like paint and cleaning products -- are actually fouling the air we breathe. Taken together these products emit as much air pollution in the form of volatile organic compounds, or V.O.C.s, as motor vehicles do. According to the EPA, VOCs can be up to 10X more concentrated indoors than outdoors.



## PERSONAL CARE PRODUCTS

(shampoo, hairspray, deodorant, perfume, hand sanitizer, body wash and lotions)



## OTHER CHEMICAL-CONTAINING AGENTS

(glue, paint, spray paint, pesticides, solvents)



## INDOOR CLEANERS

(cleaning sprays, laundry detergent, disinfectant wipes, air fresheners)

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## WHY CARE ABOUT VOCS?

You can sometimes smell them, but you can't see them. They often hide on product labels behind innocuous sounding words like "fragrance."



### ETHANOL

Found in: Cigarette smoke, incense, stored gasoline, auto exhaust, paint, glues



### METHYLENE CHLORIDE

Found in: Floor lacquers pressed-wood products, particleboard, paneling



### PERCHLOROETHYLENE

Found in: Paint and varnish removers, degreasers, pesticides, spray paint



### TOLUENE

Found in: Paint



### FORMALDEHYDE

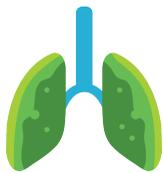
Found in: Cigarette smoke, incense, stored gasoline, auto exhaust, paint, glues



### TERPENES

Found in: Dry-cleaned clothes, shoe polish, printer inks, adhesives

## INDOOR AIR POLLUTANTS CAN CAUSE:



ASTHMA  
ATTACKS



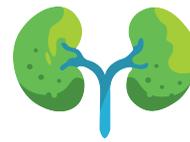
ITCHY  
EYES



SNEEZING &  
RUNNY NOSE



ELEVATED  
BLOOD PRESSURE



KIDNEY  
DAMAGE



HEADACHE

## LIMIT YOUR EXPOSURE!



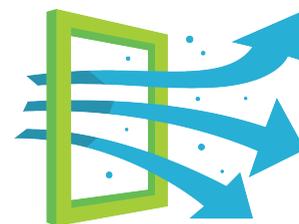
### MAKE UNSCENTED CHOICES.

Symptoms associated with short term exposure include irritation to eyes, drowsiness, dizziness, increase in heart rate, headaches, confusion and in some cases can result in unconsciousness.



### STOP MASKING ODORS.

If you feel like your home needs fragrance to smell fresh, it probably means there is a more pervasive problem. The only way to truly "freshen" your home is to address the source of the smell, not to increase the exposure burden by applying more chemicals.



### VENTILATE!

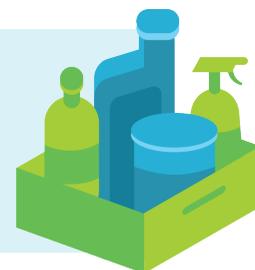
It is almost impossible to remove every source of VOCs. Adding balanced, mechanical ventilation can keep VOCs from accumulating in your living space. Even routinely opening windows and flushing the house with fresh air can help!

### STORE PRODUCTS SAFELY.

Getting rid of all hazardous products may not be practical. If you must store chemicals in your home, basement, garage or crawlspace make sure that they are:

Stored in tightly sealed containers.

Placed well away from heat sources, vents, and ducts.



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