

Cleaning safety

## Description

To Jesus:

You can save this to a "Health" folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

Bleach & ammonia use cause COPD & respiratory infection deaths  
Most cleaners have toxic ingredients & scent chemicals

Cleaning with vinegar, baking soda is safe

[webmd.com/lung/copd/features/household-hazards-for-people-with-copd](https://webmd.com/lung/copd/features/household-hazards-for-people-with-copd)

[19january2021snapshot.epa.gov/saferchoice/safer-ingredients\\_.html#searchList](https://19january2021snapshot.epa.gov/saferchoice/safer-ingredients_.html#searchList)

[lung.org/getmedia/3030b2d9-02f0-4be4-ab86-d6bd86f88b88/ala-safe-cleaning-products-mhe-program-august-2022.pdf](https://lung.org/getmedia/3030b2d9-02f0-4be4-ab86-d6bd86f88b88/ala-safe-cleaning-products-mhe-program-august-2022.pdf)

Disinfect with peroxide afterward, temporarily creates paracetic acid, only ozone better

**Category**

1. Uncategorized

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