



# Promoting **Healthier** Environments



Bleach is often used to sanitize and disinfect because it is a familiar product however, this option can cause irritation to the lungs and skin if not used properly.



Hydrogen peroxide is a safer alternative. It will not leave a harmful residue or introduce irritating fumes into the air.

Did you know that there is a difference in sanitizing and disinfecting when cleaning? Sanitizing products reduce germs to a safe level and disinfecting products destroys most germs.

Safer cleaning products are not only less-toxic and environmentally safe, but they also often cost the same or less compared to conventional cleaners.

To incorporate safer cleaners in your child care facility, check out Caring for Our Children Edition 3, chapter 3: Health Promotion and Protection 3.3.0.1: Routine Cleaning, Sanitizing, and Disinfecting.

*For additional information about using hydrogen peroxide and other safe cleaning products Green Seal and EcoLogo are non-profit companies that research and certify products that are biodegradable and environmentally friendly. Visit [www.greenseal.org](http://www.greenseal.org) and/or [www.ecologo.org](http://www.ecologo.org) to verify whether the products you use are safe, healthy and effective. Additionally, the US Environmental Protection Agency (EPA) has created Safer Choice. This label verifies that the product ingredients have been thoroughly reviewed by the EPA review. Visit <https://www.epa.gov/saferchoice>.*

## GET EMPOWERED!

Access the low-cost practical steps and healthier purchasing policies that have already been adopted in thousands of child care facilities across the nation. Download the free checklist offered by Eco-Healthy Child Care® (EHCC) at [www.cehn.org/ehcc](http://www.cehn.org/ehcc) to get started on making healthier choices right away.

