



# Maryland PIRG Foundation

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## TOXIC SAFETY: RISKS AND TIPS

### [Read Labels.](#)

From air fresheners to disinfectants to toys, read and research labels to avoid bringing toxics into your home.

For example:

- The chemicals triclosan and chlorine, found in some soaps and cleaning supplies, have been linked to cancer.
- Polyethylene glycol and formaldehyde, found in products like face wash and baby furniture, have been linked to asthma.
- Heavy metals like cadmium and plasticizers like phthalates are found in some toys, and have been linked to developmental problems.
- Look for cleaning products labeled “non-toxic,” “petroleum-free,” “biodegradable,” or “phosphate-free.”

### [Remove house dust by vacuuming twice a week.](#)

Toxic chemicals like flame retardants and pesticides can build up in house dust. Simple steps like removing your outdoor shoes and vacuuming often can reduce risks.

### [Open your windows.](#)

Just five minutes of open windows and fresh air every day can improve your home’s air quality and reduce some toxic risks.