

Detox Your Dorm!

Did you know that many consumer products contain chemicals that can disrupt the body's hormone systems and have been linked with cancer, impaired brain development, and reproductive problems? These chemicals can also accumulate in the dust in your dorm room. Follow these research-based tips to keep your exposures to these chemicals down so you can stay healthy. To learn more, visit www.healthygreencampus.org or download Detox Me at www.detoxmeapp.org.

Top Tips

- ✓ **Wash hands regularly.**
- ✓ **Go fragrance free.** Avoid products with “fragrance” or “parfum.”
- ✓ **Choose products made with plants** not petroleum. Look for products that list plants as ingredients, are USDA certified organic, or say “made with organic ingredients.”
- ✓ **Simplify.** Reduce the number of products you use and choose products made with fewer and simpler ingredients.
- ✓ **Avoid buying antibacterial products.** Regular soap and water is just as effective.
- ✓ **Avoid products with:** parabens, phthalates, diethanolamine (DEA), triclocarban, triclosan, benzophenone, octyl methoxycinnamate, oxybenzone, octinoxate, cyclomethicone, or –siloxane.



Food

- 1) Avoid buying food and drinks in plastic packaging. When storing food and drinks, choose ceramic, glass, aluminum foil, or stainless steel.
- 2) If you can't avoid plastic, choose plastic with recycle numbers 1, 2, 4, or 5. Avoid plastic numbers 3 (PVC), 6 (styrene) and 7 (polycarbonate).
- 3) Don't microwave foods in plastic (including pre-made meals) or put hot foods or drinks in plastic.
- 4) Eat organic, and avoid canned food and microwave popcorn.

Cleaning

- 1) Avoid bleach products and products with the words “poison,” “danger,” “caution” or “warning” on the label.
- 2) Choose fragrance-free, plant-based cleaning products.
- 3) Keep dust (and chemical) levels low by vacuuming regularly and wiping surfaces with a damp or microfiber cloth.
- 4) Get fresh air by opening windows. Avoid air fresheners, scented candles, and incense.

Laundry & Bedding

- 1) Don't use fabric softener and dryer sheets, instead separate synthetics in the dryer.
- 2) Look for a fragrance-free, dye-free detergent without optical brighteners.
- 3) Wash your hands after cleaning the lint trap.
- 4) Use bleach as a last resort.
- 5) Look for a mattress topper without chemical flame retardants.
- 6) Avoid vinyl mattress covers and pillow protectors.
- 7) Look for linens made from natural and organic fibers.

Toiletries

- 1) Use hand sanitizer sparingly.
- 2) Try uncoated or natural wax coated nylon dental floss.
- 3) Avoid toothpaste containing triclosan.
- 4) Use simple soaps instead of commercial shaving creams.
- 5) Avoid chemical UV filters (like benzophenone or oxybenzone) in daily moisturizers and sunscreens.
- 6) Choose fragrance-free, plant-based cosmetics, deodorant, and moisturizers free of parabens and triclosan.

Room

- 1) Adopt a no-shoes-indoors policy.
- 2) Look for rugs made of natural fibers, free of anti-bacterial or stain-resistant treatments.
- 3) If buying your own furniture, look for furniture that meets TB 117-2013 and states “does not contain added flame retardants.”

Clothing

- 1) Choose clothing with the USDA organic label.
- 2) Avoid stain-resistant, wrinkle-free, odor-resistant, antimicrobial, or antibacterial fabrics.
- 3) Consider waxed cotton or polyurethane coated fabrics instead of vinyl or chemically treated fabrics for water-proof outerware.

Activism

- 1) Encourage your school to:
 - use less toxic cleaning products;
 - adopt organic landscaping and lawn maintenance practices; and
 - use fresh and frozen foods, rather than canned or sealed in plastic.
- 2) Find out if the furniture your school buys contains flame retardants or has stain-resistant treatments.