

## Unhealthiest Places in Your Home

Most of us consider our homes to be a safe haven, but unfortunately, there are some things in your home that could cause harm. Research shows that there are health dangers lurking in every home, with threats found in your dishwasher, shower, bedroom and more.



## Tips to Keeping Your Home a Safe Haven

- Don't wear your shoes in your home beyond the entrance. A study by a University of Arizona microbiologist found that shoes contain a large number of bacteria, both on the outside and inside of shoes. In fact, 96% of bacteria found on shoes was fecal matter, which may have been picked up from the floors of public bathrooms.
- Be careful where you place your purse and keep it away from surfaces that may contain food. Another study found that when the bottom of a purse was swabbed, it usually tested positive for bacteria. It is a good idea to frequently wipe down the exterior and interior of your purse with a disinfecting wipe.
- Be aware of products containing formaldehyde and perchloroethylene. *Think Dirty* is a popular app known to educate consumers about clean products and what ingredients are in well known everyday products.
- Always clean your can opener after each use. While it is easy to throw your can opener in a drawer after using, it can be one of the germiest items in the kitchen. Can openers can contain food particles that allow bacteria like Salmonella, E. Coli, yeast and mold to grow and enter your food.

- Disinfect your garbage disposal. Food particles in a garbage disposal can be a breeding ground for bacteria, mold spores, unpleasant smells and attract flies and other bugs into your kitchen. It is important to use a brush and a bleach solution to scrub as far down into the disposal as you can at least once a week (wear safety goggles to protect your eyes).
- Keep in mind that air fresheners can be harmful to your health. Per the Environmental Protection Agency (EPA), Volatile Organic Compounds (VOC) found in air fresheners can cause eye, nose and throat irritation, nausea, headaches and even damage to the liver, kidneys and central nervous system.
- Use UV protection indoors and check to make sure your lightbulbs emit lower levels of UV. Did you know that energy efficient lightbulbs and fluorescent lighting may have UV that escapes the bulbs? The UV doesn't cause sunburn, but can cause deep skin damage leading to thinning of the skin, freckles and discoloration.
- Use an organic dry cleaner. Some dry cleaning facilities use a chemical called Perchloroethylene (PERC) in their cleaning process. PERC is considered a VOC and long-term exposure can cause health concerns related to the heart, liver, kidney and lungs. If you don't have access to an organic dry cleaner, make sure you unwrap your clothes and let them air out before taking them in your home. If they have a strong smell, take them back to the dry cleaner to have them cleaned again.

<https://www.eatthis.com/ways-your-home-is-making-you-sick/>

<https://www.considerable.com/home/cleaning-organizing/are-air-fresheners-bad-for-you/>

<https://images.search.yahoo.com/search/images;>

