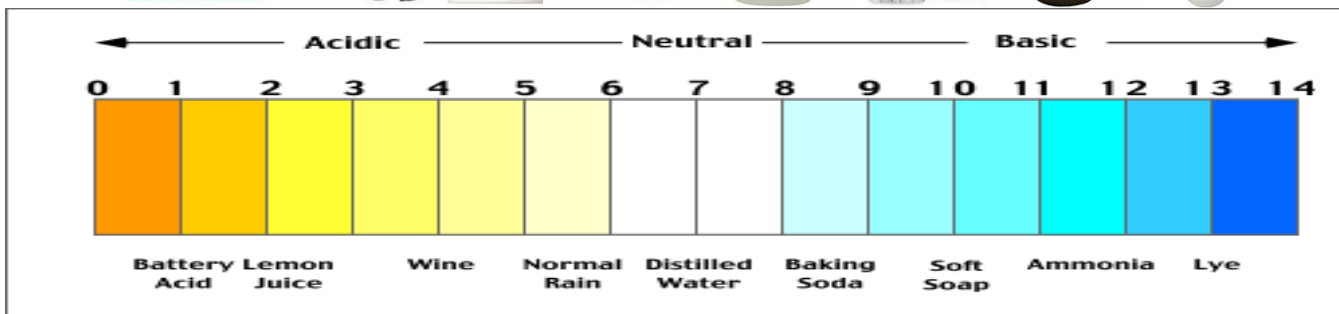




Take Back Your Health
Take Back the Love
Take Back the Fun
Take Back Your Faith
A Health Ministry of the Philadelphia 7th Day
Adventist Church, Burlington, NC

Household Cleaning Done Safely

By Renee Lea-Currie, Ph.D.
February 2, 2019



	Chemical Name	Acid	Base	Uses
Bleach	5-6% Sodium Hypochlorite		X 12	Disinfectant that kills bacteria and viruses Remove stains
Washing Soda/Soda Ash	Sodium Carbonate		X 10.5	Natural laundry additive for stain removal Removes oils, films, particulates
Baking Soda	Sodium Bicarbonate		X 9	Removes odors safely from air and clothing/fabrics Removes oils, films, particulates
Distilled White Vinegar	5–20% acetic acid	X 2-4.5		Disinfectant that kills bacteria and viruses FOOD SAFE
Lemon Juice	Citric Acid/Malic Acid	X 2		Cleaner; removes soap films. Natural deodorizer FOOD SAFE
Water				General cleaner
Salt	Sodium Chloride			Abrasive to clean. Salt + soap = powerful no scrub cleaning ☺
70% Alcohol	Isopropyl Alcohol	X 5.5		Disinfectant that kills bacteria and viruses
Hydrogen Peroxide	3% antiseptic 6-10% hair bleach 35% food grade	X 4.5		Natural oxidizer for infection control and natural whitening agent

Cleaning Combinations you should NEVER USE-Unless you want to get sick/possibly die

- BLEACH + Vinegar = Toxic Chlorine Gas
- BLEACH + Ammonia = Toxic Chloramine Gas
- BLEACH + Rubbing Alcohol = Chlorine Gas
- BLEACH + Window Cleaner = Chloramine Gas
- Drain Cleaner + Drain Cleaner = EXPLOSION
- Baking Soda + Vinegar = Explosive water + sodium acetate.
- Hydrogen Peroxide + Vinegar = Peracetic Acid. Damaging to skin, eyes and respiratory system
- Window Cleaner + Your Skin = skin irritation and possible skin burns
- Window Cleaner + laptop screen = Possible damage to electronics due to chemical fumes
- Window Cleaner + car windows = Streaks and Foggy Spots, Peeling tint
- Peroxide hair color + henna = your hair falling out, dry damaged hair, hair falling out, scalp burn
(Henna contains metallic salts that react with the peroxide to oxidize them)

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7th Day Adventist Church in Burlington, NC.
Visit us at www.thetakebacktour.com

FIRST AID TIP

If you or someone you think someone mixed bleach and ammonia or bleach and Vinegar or bleach and Rubbing Alcohol and you find them feeling unwell or unconscious:

STEP 1 **GET AWAY!** Move immediately from where you mixed the chemicals.

Do not call for help- **RUN AWAY 1st** to fresh air

STEP 2 You found someone unconscious or feeling unwell-Try to move the person to fresh air- Then call 911

Stay away from where the chemicals were mixed. Wait for professional poison control help

STEP 3 Follow instructions from Poison Control for cleanup and disposal of the dangerous mixture



R A G E N I V X D A B F P A A
 H E S A M M O N I A L R O C D
 E L N X E B O R A X E E T E O
 N W L A M D E L W G A S P T S
 N I A A E T I S Q L C H A I G
 A I P T C L F X O R H A L C N
 R E N A E L C W O D N I W A I
 F P B L L R R N H R A R N C H
 A L K A L I N E I E E A Y I S
 C H L O R I N E G A S P S D A
 M R O F A R O L H C R G Q H W
 S E S U R I V W R C I D I C A

ACETIC ACID
 ACIDIC
 ALKALINE
 AMMONIA
 BACTERIA
 BLEACH
 BORAX
 CALL
 CHLORAFORM
 CHLORINE GAS
 DRAIN CLEANER
 FRESH AIR
 HENNA
 LAPTOP
 PEROXIDE
 SODA ASH
 VINEGAR
 VIRUSES
 WASHING SODA
 WATER
 WINDOW CLEANER

HEY! DID YOU KNOW?

- In the movies someone puts chloroform on a rag to knock someone out. But in reality, it is almost impossible to knock someone out using chloroform on a rag over the mouth and nose. It would take 5 minutes of constant contact to cause someone to lose consciousness. But it can make you dizzy, nauseous or unwell feeling.
- Ann Marie Heimenstine, Ph.D. ThoughtCo.com

