

SUFFOLK COUNTY

CANCER

WARENESS Task Force



Home Product Checklist

Choices You Can Make

Concerns • Alternatives



Cancer Awareness

Educate • Empower • Act

Steve Levy • County Executive

Suffolk County Home Product Checklist

<http://www.suffolkcountyny.gov/Home/departments/EnvironmentandEnergy/CancerAwareness.aspx>



Preface: In Suffolk County Executive Steve Levy's 2009 State of the County Address, the Suffolk County Cancer Awareness Task Force was charged with developing a Cancer Prevention Strategy. This Home Product Checklist was developed as part of that cancer prevention strategy, however, for completeness; hazards relating to effects other than cancer are also identified in the checklist.

Consistent with the United States Surgeon General "Call to Action" to Promote Healthy Homes, the purpose of the Suffolk County Home Product Checklist, is to identify possible health hazards in homes, as well as the steps residents can take to minimize those hazards.

The Cancer Awareness Task Force has adopted a Prevention and Education Action Plan that includes a precautionary evidence-based approach to environmental factors and cancer prevention. The attached home product checklist has been developed in a manner consistent with this philosophy. It will be updated periodically as new information becomes available.

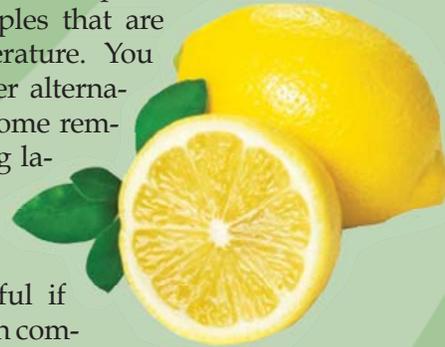
It is important to understand that if a particular health effect is listed as being associated with a particular ingredient, it does not mean that if you use a particular product with that ingredient, it will result in the health effect occurring. As with all chemical exposures, the nature and extent of any chemical-related health effects from the use or misuse of a consumer product depend, in part, on the amount and duration of exposure (for example, the amount of product used, the way the product is used, the frequency of use and other factors). The sensitivity of the exposed person is also an important factor (for example, health, age, sex, or underlying health condition such as asthma).

Disclaimer: The County of Suffolk, its agents, officers, employees, elected officials, as well as the Suffolk County Cancer Awareness Task Force and its members do not attest to the effectiveness of the products or "home remedies" provided in this checklist. They have been obtained through literature references and not independently tested by Suffolk County.

Cautionary statements in this checklist are made and pertain to the knowledge base relating to ingredients in certain products. The County of Suffolk, its agents, officers, employees, elected officials, as well as the Suffolk County Cancer Awareness Task Force and its members are not concluding that proper use of such products will cause those effects to occur.

Instructions: The Checklist is organized by product category, such as Cleaning Products, listed on the left-hand side of the checklist. Products and ingredients that have some concern are listed as well as alternative products and practices that can be taken. When you are following the alternatives suggested, check the box on the right. The goal of the survey is to empower residents with knowledge so that over time, they can make healthy lifestyle changes resulting in more boxes on the right being checked.

Note: The home remedies that are provided in the checklist are examples that are widely available in the literature. You may wish to research other alternatives as well. However, home remedies do not carry warning labels or directions on use, so care must be taken. Even home remedies have the potential to be harmful if misused. Therefore, as with commercial products, never mix home remedies and only use in the intended fashion. Refer to Household Cleaning Products-What About Substitutes? Cornell Cooperative Extension, 1992 (<http://waterquality.cce.cornell.edu/publications/CCEWQ-90-HouseholdCleaningSubstitutes.pdf>).



Resources:

- #1. Household Cleaning Products-What about Substitutes? Cornell Cooperative Extension, 1992 <http://waterquality.cce.cornell.edu/publications/CCEWQ-90-HouseholdCleaningSubstitutes.pdf>
- #2. US EPA Design for the Environment Screening Program <http://www.epa.gov/dfe/pubs/projects/gfcp/index.htm>
- #3. Green Seal Certification Program <http://www.greenseal.org/about/index.cfm>
- #4. Safe Use and Storage of Hazardous Household Products. Cornell University Program on Breast Cancer and Environmental Risk Factors (BCERF), 1999. <http://envirocancer.cornell.edu/FactSheet/General/fs22.safeUse.cfm>
- #5. National Library of Medicine's Household Product Database. <http://hpd.nlm.nih.gov/index.htm>
- #6. Greenguard Environmental Institute <http://www.greenguard.org/?tabId=1>

Home Product Check List Choices You Can Make

CLEANING PRODUCTS

Product	Concern	Alternatives	Check if Using Alternatives
Dry Cleaning	Typical dry cleaning processes use perchloroethylene (also known as tetrachloroethylene or PERC) which is considered a potential carcinogen ¹ and can enter your indoor air from your dry cleaned clothes.	Use dry cleaners that use wet or carbon dioxide cleaning processes ² or air out dry cleaned clothes before bringing them inside your living space. Purchase clothes that do not require dry cleaning when possible.	<input type="checkbox"/>
Furniture Polish	Furniture polish typically contains petroleum ingredients, which are complex mixtures, some ingredients of which can cause nervous system effects ³ .	See Resource #1 - #3, for more information on selecting household cleaning products and their use. You may wish to try a simple home remedy of 1 part white vinegar, 3 parts vegetable oil and a few drops of fresh lemon juice (see note).	<input type="checkbox"/>
Glass Cleaners	Glass cleaners may contain alcohols, glycol ethers, and ammonia. Avoid products containing alcohols and glycol ethers due to concerns about effects on the nervous system ⁴ .	See Resource #1 - #3, for more information on selecting household cleaning products and their use. You may wish to try club soda in a spray bottle and wipe as you would glass cleaner. Alternatively, you may want to try a solution of 1 tablespoon of vinegar or lemon juice in a quart of water (see note).	<input type="checkbox"/>
All Purpose Cleaners	Many all purpose cleaners contain a variety of ingredients such as diethanolamine (DEA) or triethanolamine (TEA) which may form carcinogenic by-products ^{5,6} ; fragrances, ammonia or chlorine which may irritate the respiratory system.	See Resource #1 - #3, for more information on selecting household cleaning products and their use. For grease, you may wish to try making a paste with baking soda and scrubbing. For other purposes, try a combination of vinegar, water and lemon juice (see note).	<input type="checkbox"/>
Oven Cleaners	Oven cleaners contain very corrosive lye or sodium hydroxide which can cause burns to the skin and eyes. Aerosol sprays may be irritating to the respiratory system.	Prevent spills from being baked on floor of oven by lining it with aluminum foil. See Resource #1 - #3, for more information on selecting household cleaning products and their use. When cleaning is required, you may want to try leaving a mixture of baking soda, water and soap on oven surfaces overnight. In the morning, scrub off with baking soda and a soapy sponge, then rinse again with water ⁶ (see note).	<input type="checkbox"/>
Toilet Bowl Cleaners	Toilet bowl cleaners often contain sodium hydroxide, bleach or phosphoric acid which can be irritating to the respiratory system, skin and eyes.	See Resource #1 - #3, for more information on selecting household cleaning products and their use. You may want to try using a toilet brush and baking soda or vinegar (see note).	<input type="checkbox"/>
Bath & Shower Cleaners	Some bath and shower cleaners contain alcohols, acetone and glycol ethers which can enter your indoor air; as well as fragrances which may cause allergic reactions ⁶ . Avoid products containing alcohols and glycol ethers due to concerns about effects on the nervous system ⁴ .	See Resource #1 - #3, for more information on selecting household cleaning products and their use. You may want to try mixing 1 part white vinegar to 1 part water and adding to a spray bottle. Spray the shower wall and tub. Let sit for at least 30 minutes and rinse. For rust stains, mix cream of tartar and water until the consistency of toothpaste. Put a little on the stain and use a sponge to wash off (see note).	<input type="checkbox"/>

Home Product Check List Choices You Can Make

CLEANING PRODUCTS

Product	Concern	Alternatives	Check if Using Alternatives
Anti-Bacterial Soaps	Use of anti-bacterial soaps may encourage the growth of bacteria that are resistant to antibiotics ⁷ . Anti-bacterial soaps often contain triclosan, which has been found in 75 percent of urine samples from the US population ⁸ and has also been detected in the environment, including groundwater in Suffolk County ^{7, 9} .	Wash your hands with soap and water for 20 seconds (as long as it takes to sing "Happy Birthday" twice) ¹⁰ . Rinse thoroughly.	<input type="checkbox"/>
Carpet Cleaners and Stain Removers	Carpet cleaning products can contain various chemicals including, glycol ethers, methyl methacrylate, as well as petroleum solvents which can contain carcinogenic components and cause drowsiness ³ . Avoid products containing alcohols and glycol ethers due to concerns about effects on the nervous system ⁴ .	See Resource #1 - #3, for more information on selecting household cleaning products and their use. Or you may wish to try simply washing with water and a mild soap, then rinsing, soon after soiling occurs (see note).	<input type="checkbox"/>
Fabric Softeners	Fabric softeners contain fragrances and may contain alcohols ¹¹ .	If you consider it necessary to use fabric softeners, refer to Resources #1 - #3, for more information on selecting household cleaning products and their use.	<input type="checkbox"/>

PLASTICS

Product	Concern	Alternatives	Check if Using Alternatives
Baby bottles, sippy cups and sports water bottles	Avoid bottles that are made of polycarbonate plastics since these contain bisphenol A (BPA) which is an endocrine disruptor. There is evidence that BPA affects the breast and prostate glands as well as produces neurological and behavioral effects in young children ¹² .	Choose glass or stainless steel bottles when possible or those that are labeled BPA-free and do not contain the recycle code "7" or "7-PC".	<input type="checkbox"/>
Plastic Food Containers	These may contain polyvinyl chloride, BPA and phthalates which have evidence of carcinogenicity and endocrine disruption and may be released when heated ^{13, 14} .	Choose glass, stainless steel (not suitable for microwaving), and lead-free ceramic containers.	<input type="checkbox"/>
Plastic Baby Toys	Some soft plastic toys and teethers may contain phthalates, some of which are considered endocrine disruptors and possible carcinogens ^{13, 15} .	Look for toys labeled as phthalate-free.	<input type="checkbox"/>

HOUSEHOLD

Product	Concern	Alternatives	Check if Using Alternatives
Non-Stick Cookware	Non-stick pans may contain small amounts of perfluoroalkyl compounds, which are a concern because of evidence that they may be carcinogens and endocrine disruptors ¹⁵ . They are also very persistent in the environment.	Choose glass, enamel, or iron cookware.	<input type="checkbox"/>
Air Fresheners	Air fresheners contain either perfume oils or fragrances which can cause allergic reactions ⁶ .	To remove odors, increase ventilation by bringing in more fresh air. Baking soda may help to remove odors. See Resource #1 - #3, for more information on selecting household products and their use.	<input type="checkbox"/>

Home Product Check List Choices You Can Make

PERSONAL

Product	Concern	Alternatives	Check if Using Alternatives
Cosmetics	Some cosmetics contain formaldehyde, a potential carcinogen or ingredients that are considered endocrine disruptors ^{1, 14} .	Limit the use of cosmetics that contain: formaldehyde, parabens, placental extracts, benzophenone-1 or -2, homosalate, octinoxate, oxybenzone, or sulisobenzone ¹⁶ .	<input type="checkbox"/>
General Personal Care Products	Personal care products such as deodorants, cologne, hairspray etc., often contain fragrances which can cause allergic reactions ⁶ . Alcohols and propellants, such as isobutane, and propane, which can be irritating to the eyes, nose and throat.	Read the label and avoid formaldehyde, parabens, placental extracts, benzophenone-1 or -2, homosalate, octinoxate, oxybenzone, or sulisobenzone ¹⁷ . See Resource #3, for more information on selecting personal care products.	<input type="checkbox"/>

HOBBIES & CRAFTS

Product	Concern	Alternatives	Check if Using Alternatives
Glues	Some craft and hobby glues contain formaldehyde and acetaldehyde which have evidence of carcinogenicity ¹ .	Read the label carefully and avoid formaldehyde and acetaldehyde. Open windows and increase fresh air circulation when in use. See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products.	<input type="checkbox"/>
Art Material	Art materials may contain toxic ingredients and are particularly a concern for children. Clay can contain asbestos and silica which are concerns if inhaled. Paints and markers may contain volatile organic chemicals which enter the indoor air ¹⁷ .	See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products. Here are some helpful recommendations: a) Use wet or liquid clays, pigments, paints and glazes, especially around children b) Use water-based glues, paints, and markers c) Avoid products that contain heavy metals d) Use vegetable dyes when possible e) Avoid instant papier-mâché which may contain asbestos fibers f) Open windows and increase fresh air circulation when in use.	<input type="checkbox"/>

HOME FURNISHINGS

Product	Concern	Alternatives	Check if Using Alternatives
Carpets	New carpets, as well as the adhesives, padding and stain resistance products that are used, can release volatile organic chemicals (VOC) which can be irritating to the nose, eyes and throat, and cause nervous system effects such as drowsiness. ¹⁸	Consider alternative flooring such as wood or ceramic tile or purchase carpet certified by the Carpet and Rug Institute as "low emission" (CRI Green Label Program). Ensure that low VOC adhesives or glues, certified by the Carpet and Rug Institute, are used during installation ¹⁹ . "Air out" material before installing and ventilate rooms after new carpets are installed.	<input type="checkbox"/>
Upholstery	Often contain flame or stain resistant materials such as brominated flame retardants (PBDEs), which have evidence of carcinogenicity and endocrine disruption ^{14, 15, 20} .	Ask your retailer about what kind of fire retardant is used. Consider less flammable fabrics such as leather, wool, or cotton ²¹ . See Resource #6, for more information on selecting household furnishings.	<input type="checkbox"/>

Home Product Check List Choices You Can Make

HOME CONSTRUCTION

Product	Concern	Alternatives	Check if Using Alternatives
Products Containing Asbestos	Because of its fire retardant nature, asbestos was used in building materials such as some insulation, especially around heating systems and pipes, sound-proofing material, floor tiles and house shingles. Inhalation of high amounts of asbestos fibers can lead to asbestosis, mesothelioma (cancer of the lining of the lung) and lung cancer ²² .	If you have asbestos and its condition and location make it unlikely that it will get into the air, it may be best to leave undisturbed. If the asbestos is damaged, have a professionally trained contractor inspect and remove. ²³	<input type="checkbox"/>
Pressed Wood Products	Pressed wood products are made with wood chips or saw dust and an adhesive that often contains formaldehyde-based resins. As the pressed wood product ages, formaldehyde can be released into the indoor air ²³ .	When possible select non-pressed wood products or low formaldehyde emission products. Open windows and increase fresh air circulation in your home when new pressed wood products are used.	<input type="checkbox"/>

LEAD

Product	Concern	Alternatives	Check if Using Alternatives
Lead	In addition to lead-based paint, lead can be found in some ceramics used for cooking, hobbies such as stained glass and older pipes and solder used for household drinking water. Some ethnic medicines or cosmetics also contain high levels of lead. Lead is sometimes found in the paint used in toys. Lead is very toxic, especially to young children ^{24, 25} .	Test suspect materials by sending to a certified laboratory or using a kit available in most home centers. Never burn products containing lead. If you have lead pipes or solder consider replacing or use cold water for drinking and cooking and run the water before using ²⁵ . Contact the Suffolk County Lead Poisoning Prevention Program (631-853-8495) or the New York State Department of Health (http://www.health.state.ny.us) for more information.	<input type="checkbox"/>
Lead Paint	Lead was banned in household paint in 1978. Homes built before 1978, but especially before the 1950's, may, therefore, have lead paint ²⁴ . Lead is very toxic, especially to young children ^{24,25} .	Test suspect materials by sending to a certified laboratory or using a kit available in most home centers. Hire a professional to remove lead-based material. Do not sand wood covered with lead paint. Never vacuum lead paint dust, but clean using wet methods. Never burn lead painted wood ²⁵ . Contact the Suffolk County Lead Poisoning Prevention Program (631-853-8495) or the New York State Department of Health (http://www.health.state.ny.us) for more information.	<input type="checkbox"/>

HOME MAINTENANCE

Product	Concern	Alternatives	Check if Using Alternatives
Paints	Oil-based (alkyd-based) paints contain petroleum solvents which can enter your indoor air. Petroleum solvents may contain benzene and ethyl benzene, both potential carcinogens ¹ . Never use an exterior paint indoors because it may contain mercury which can enter the indoor air ²³ .	Select products with a low amount of volatile organic chemicals (VOCs) or water based paints. Open windows and increase fresh air circulation when in use. See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products.	<input type="checkbox"/>

Home Product Check List Choices You Can Make

HOME MAINTENANCE

Product	Concern	Alternatives	Check if Using Alternatives
Stains and Polyurethane	Stains and polyurethane contain petroleum solvents which can enter your indoor air. Petroleum solvents may contain benzene and ethyl benzene, both potential carcinogens ^{1, 23} .	Select products with a low amount of volatile organic chemicals (VOCs). Open windows and increase fresh air circulation when in use. See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products.	<input type="checkbox"/>
Caulks and Sealants	Caulks and sealants may contain vinyl acetate or petroleum solvents, which may volatilize and enter indoor air ^{1, 26} .	Select products that do not contain vinyl acetate and contain low volatile organic chemicals (VOCs). Open windows and increase fresh air circulation when in use. See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products.	<input type="checkbox"/>
Paint and Stain Strippers	Paint and stain strippers may contain methylene chloride and petroleum solvents which are considered potential carcinogens; and may also contain alcohols ^{1, 23, 26} .	Select products with a low amount of volatile organic chemicals that do not contain methylene chloride. Open windows and increase fresh air circulation when in use. See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products.	<input type="checkbox"/>
Chimney and Other Combustion Sources	Improperly vented combustion sources, including furnaces, can release some very dangerous pollutants including: carbon monoxide which can be deadly, nitrogen dioxide, formaldehyde and polycyclic aromatic hydrocarbons (PAHs).	Be sure all combustion sources are vented to the outdoors and have your chimney and furnace inspected regularly. Install a carbon monoxide detector (as well as a smoke detector) in your home. Do not use charcoal grills or generators indoors ²³ .	<input type="checkbox"/>
Air Filters	Improperly maintained air filters in heating and air conditioning units may limit efficiency of these units and contribute to poor indoor air quality ²³ .	Routinely inspect and clean or replace air filters.	<input type="checkbox"/>
Moisture Control	Moisture and humidity can encourage the growth of mold and dust mites which can lead to allergic reactions and diseases ²³ and unwanted pests, such as termites and ants, which may need to be controlled with the use of pesticides.	Repair leaks and seepage problems quickly, prevent standing water in basements, drip pans of refrigerators and air conditioners. Drain rainwater away from your house. In your bathrooms and kitchen, install fans that exhaust to the outside and use dehumidifiers or air conditioners in humid areas. ²³	<input type="checkbox"/>

PEST CONTROL

Product	Concern	Alternatives	Check if Using Alternatives
Pesticide Products	Some pesticides are potential carcinogens (DDT, chlordane, naphthalene, paradichlorobenzene) ¹ and endocrine disruptors (malathion, 2,4 D, methoxychlor) ¹⁴ . In 2009, it was estimated that there were ¹⁹ pesticide active ingredients that are registered for use on lawns and ornamentals that are classified by EPA as likely or probable carcinogens. ²⁷ Pesticides used outside can be tracked indoors. Once inside, a pesticide can persist for months. ²⁸ Infants and toddlers are particularly at risk.	<ul style="list-style-type: none"> a) Prevent pest problems before they occur b) Explore nonchemical pest control options; remember some “pests” are not harmful c) Consider Integrated Pest Management (IPM)²⁹ and consult Cornell Cooperative Extension (631-727-7850) for advice concerning specific pest problems. 	<input type="checkbox"/>

Home Product Check List Choices You Can Make

PEST CONTROL

Product	Concern	Alternatives	Check if Using Alternatives
Moth Balls	Moth balls typically contain either para-dichlorobenzene or naphthalene, both of which are potential carcinogens ¹ .	Seal your clothes in air tight contain-ers so that moths cannot gain entry and store in dry conditions. Consider natural alternatives such as cedar.	<input type="checkbox"/>

MISCELLANEOUS

Product	Concern	Alternatives	Check if Using Alternatives
Attached Garages	An attached garage often contains products such as; gasoline, pesticides, auto-repair supplies, paints etc. Some of these products can enter the air (volatilize) and migrate into the living space of your home.	Never idle the car in the garage. Store products in tightly sealed con-tainers and out of the reach of chil-dren. Purchase only the quantity that you need to limit the amount stored. Read the label and select the least toxic products with a low amount of volatile organic chemicals and keep the entrance between the garage and the living area well sealed.	<input type="checkbox"/>
Radon	Radon is a naturally occurring radioac-tive substance in some soils and bed-rock, especially granite. Because it is a gas, it can enter the air of homes from cracks in foundations or well water. Inhalation is a concern due to the risk of developing lung cancer. ³⁰	Though radon is not a widespread problem in Suffolk County ³¹ , there are homes that have radon in indoor air above the level at which the US Envi-ronmental Protection Agency recom-mend some action be taken (4 pCi/L). Therefore, it is recommended that you purchase a radon kit to test your indoor air and refer to the US EPA website for recommendations if your level is above the action level. ³⁰	<input type="checkbox"/>
Drinking Water	Public water supplies are routinely tested to ensure water quality. However, if you have a private well, it is not part of a routine testing program. In addi-tion, piping within the home may add lead and copper to the water, especially if the water supply is corrosive. Some private drinking water supplies may be vulnerable to biological and chemical contaminants.	If you have a private water supply, you should have your water tested peri-odically. Contact the Suffolk County Department of Health Services at 631-852-5810 or a private water testing company to schedule an appointment. If you have lead pipes or solder, consider replacing or using cold water for drinking and cooking and run the water before using ²⁵ .	<input type="checkbox"/>



Acetaldehyde: A volatile, colorless, water-soluble liquid, having a pungent, fruitlike odor. Used in organic synthesis. Exposure to acetaldehyde is a concern due to carcinogenic risks.

Asbestos: Fibrous mineral, formerly used for making incombustible or fireproof articles but has been discovered to be highly toxic if inhaled, leading to asbestosis and cancer.

Asbestosis: A disease of the lung that can occur from exposure to asbestos. The lung tissue becomes scarred leading to shortness of breath and coughing.

BPA: Bisphenol A, an ingredient in polycarbonate plastic used in bottles, sports equipment, CDs/DVDs and as a resin in the lining of some food and beverage containers. It has been found to be an endocrine disruptor.

Carcinogen: Cancer causing substance.

Carcinogenicity: Having the ability to cause cancer.

Caustic: Capable of burning, corroding or destroying living tissue.

Endocrine disruptor: Destroys or interrupts the functions of the endocrine, or hormonal system, thus upsetting normal growth, behavior, and reproduction.

Estrogen: Predominantly female hormone that is responsible for promoting the menstrual cycle.

Exposure: Contact with a contaminant, by breathing, ingestion or touching, and getting it in or on the body.

Formaldehyde: a chemical that is used in foam insulation and pressed wood products. It can be released from these products and enter the indoor air of homes. There is concern that exposure to formaldehyde may increase the risk of getting cancer.

Heavy metals: Generally refers to a group of metals, such as lead, mercury or cadmium, that are either toxic to humans, environmental pollutants or both.

Lye: Most commonly, sodium hydroxide (NaOH), is valued for its use in food preparation, soap making, biodiesel production, and household uses, such as oven cleaner and drain opener but is an extremely corrosive alkaline substance.

Neurological: Having to do with the nervous system.

Parabens: A category of chemicals used as preservatives in cosmetics and pharmaceutical products. Some of these are considered endocrine disruptors.

Perfluoroalkyls: A group of chemicals that have been used in surface coatings and to protect textiles, carpets, leather and upholstery from soiling. Some have also been used in non-stick cookware. They are a concern because of potential carcinogenicity and endocrine disruption.

Petroleum solvents: Highly flammable mixture derived from petroleum (oil). Some components are considered possible carcinogens.

Phthalates: Mainly used as plasticizers, but are easily released into the environment and thereby ingested, absorbed and inhaled. Some phthalates are a concern because of potential carcinogenicity and endocrine disruption.

Polycyclic aromatic hydrocarbons (PAHs): Group of approximately 10,000 compounds that are formed in the environment from the incomplete burning of carbon-containing materials like oil, wood, garbage or coal. Found in products such as mothballs, blacktop, and creosote wood preservatives as well as in low concentrations in some special-purpose skin creams and anti-dandruff shampoos that contain coal tars. Also found on grilled meats. Some PAHs are considered potential carcinogens.

Polyvinyl chloride (PVC): PVC is a common component (polymer) used in certain plastics. It is used in many household construction items such as pipes, hoses, roofing, and insulation on electric wires. It is also used in fabrics, upholstery, figurines, and inflatable products such as waterbeds, pool toys. Plasticizers, such as phthalates, are often added to make it softer and more flexible.

Recycle code: Plastic products are labeled with a recycle code which helps to identify what type of plastic is used to make the product.

Silica: A white or colorless crystalline compound, SiO₂, occurring abundantly as quartz, sand, flint, agate, and many other minerals and used to manufacture a wide variety of materials, especially glass and concrete.

Solder: Any of various alloys fused and applied to the joint between metal objects to unite them without heating the objects to the melting point.

Volatile: Capable of evaporating rapidly, and thus becoming a gas.

VOC: Volatile organic chemical. A chemical which can easily become a gas at room temperature. Examples include benzene, and perchloroethylene.

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