

Harm from Disinfectants During COVID-19

Protect yourself and family by avoiding disinfectants containing respiratory-irritating toxic substances. Instead, choose safer effective disinfectants.

Many disinfectants used to disinfect against COVID-19 that meet EPA's criteria contain the active ingredient Quaternary ammonium. **Quaternary ammonium compounds (QAC)** are registered with the EPA as pesticides and increasingly are being found to cause serious health effects. Mount Sinai Selikoff Centers for Occupational Health report on [Quaternary Ammonium Compounds for health professionals](#) cautions QAC exposure from cleaning products for **triggering asthma symptoms even in people with no prior asthma history**, among other serious harmful impacts.

Chlorine-based disinfectants also cause respiratory irritation and illness. For example, [Nurses' regular use of disinfectants is associated with developing COPD, 24-32% higher.](#)

AVOID and replace disinfectants and cleaners containing these chemicals:

- ✗ Quaternary ammonium compounds
Label does not specify a substance is a QAC but often ends in "ammonium chloride"
Most common QAC in disinfectants are the **Benzalkonium chlorides**.
- ✗ Chlorine compounds / Bleach
(sodium hypochlorite, hypochlorous acid, sodium chlorite & sodium chloride)
- ✗ Sodium Dichloro-S-Triazinetrione

- ✗ Ammonium Carbonate
- ✗ Ammonium Bicarbonate
- ✗ Peroxyacetic acid (peracetic acid)
- ✗ Glutaraldehyde
- ✗ Glycolic acid
- ✗ Hydrochloric acid
- ✗ Octanoic acid

WARNING: Do not mix products. Mixing bleach with vinegar, ammonia or alcohol is very toxic. **Clean surface dirt and rinse before** disinfecting.

CHOOSE SAFER disinfectant ingredients approved by CDC and EPA N List:

- ✓ Hydrogen peroxide
- ✓ Isopropyl alcohol / isopropanol
- ✓ Ethanol
- ✓ Thymol
- ✓ L-lactic acid
- ✓ Citric Acid

Contact times vary, read label.

Choose Safer Disinfectant Products

Hydrogen peroxide

- Angel
- Vaprox Hydrogen Peroxide Sterilant
- Proxi Home General Disinfectant Cleaner Spray
- B-Cap 35 Antimicrobial Agent
- Peroxy HDOX
- Binary Ionization Technology Solution
- Oxy-1 Wipes
- Accell Disinfectant Cleaner
- Peroxide Multi Surface Cleaner and Disinfectant
- Peroxide Disinfectant and Glass Cleaner RTU
- Clorox Commercial Solutions Hydrogen Peroxide Cleaner Disinfectant Wipes
- Clorox Commercial Solutions Clorox Disinfecting Biostain & Odor Remover
- Oxyteam Disinfectant Cleaner
- Oxivir Wipes
- Sani-HyPerCide Germicidal Spray
- HaloSpray
- Phato 1:64 Disinfectant Cleaner
- Suretouch
- Accel 5 RTU

L-lactic Acid

- Windex Disinfectant Cleaner
- Fangio
- Gurney
- Sani-Cide EX3 RTU

Citric Acid

- Cleancide
- SBT 2 to 1 Concentrate
- Tristel Duo for Surfaces
- Lysol Bathroom Cleaner
- Cleancide Wipes
- Axen ® 30
- Sdc3a
- Comet Disinfecting Bathroom Cleaner

Ethanol

- Mittersaw
- Saginaw
- Purell Professional Surface Disinfectant Wipes
- Urthpro
- Lysol Neutra Air 2 in 1

Thymol

- SBT 2 to 1 Concentrate
- Benefect Botanical Daily Cleaner Disinfectant Spray
- Benefect Botanical Daily Cleaner Disinfectant Towelette
- Thymox Disinfectant Spray
- Ready to Use Thymol

More products @ bit.ly/disinfect-safely

Practical Guidance for Home and Business

- 1) **Use this list of safer disinfectants** – Link: bit.ly/disinfect-safely
Download [Safer Disinfectants Buying Guide Chart](#), by Surface & Formulate Type

- 2) **Watch this short webinar**
["Pros & Cons of Sanitizers & Disinfectants for Covid-19"](#)

Link: bit.ly/disinfect-video
by American Academy of Pediatrics, Dr. Mike Ichniowski and Johns Hopkins School of Public Health, Dr. Ana Rule

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