

Dry Cleaning, Fabrics, and Household Plastics

Here are some simple steps you can follow to limit your exposure to harmful chemicals found in fabrics and household plastics:

For dry cleaning and fabrics, try to:

- Choose green cleaning or wet cleaning, instead of dry cleaning.
- Use natural, untreated fibers.
- Hand wash fabrics, or use natural or safe laundry detergents.
- Always wash new clothing that is worn next to the skin. Washing removes a lot of the "finishers" used in the textile industry.
- Use wool as a natural substitute for flame retardants in products like mattresses and padding.
- Avoid products containing claims such as "Stain Resistant," "Wrinkle Free," "Permanent Press," "Anti-Bacterial," "Odor Reducing," "Water Proof," "Non Flammable," "Wash and Wear," "No-Iron," "Wrinkle Resistant," and "Easy Care."
- Choose carpets and padding without stain repellents or flame retardants, preferably natural fibers like wool, cotton, and jute.

When it comes to plastics in the home, try to:

- Choose natural fibers, nylon, PEVA, or EVA for shower curtains instead of PVC plastic.
- Open car windows as much as possible, particularly with new cars and when cars are not in use. Use the outside circulating air option in the car.
- Buy non-PVC window blinds.
- Avoid all products made from PVC plastic - check for the "sweet PVC Smell."
- Look for toys made from natural materials.
- Avoid vinyl flooring. Choose real linoleum instead.
- Choose electronics from companies that have committed to reducing the use of harmful chemicals

<https://www.greenpeace.org/usa/reports/greener-electronics-2017/>