

# Products That Increase Risk of Chemical Injury

This list includes many of the commonly used products that are best avoided by people who are chemically sensitive and by individuals who want to prevent chemical injury to themselves or others.\* For possible substitutes, see the handout "Cleaning to Protect Your Health" and visit <http://www.home-safe-home.org> and <http://www.safecoatpaint.com>.

Aftershave  
Air fresheners and deodorizers (unless nontoxic and fragrance free, such as baking soda or vinegar)  
Ammonia  
Candles (except unscented and 100% beeswax, with lead-free wicks)  
Car exhaust  
Carpeting (except well outgassed; or organic, untreated cotton or wool rugs)  
Cedar wood or chips  
Chlorine bleach  
Citrus-scented cleaners  
Clothing, new (unless organic and untreated)  
Cologne  
Copy machine toner  
Cosmetics (unless fragrance free)  
Deodorants and antiperspirants (unless fragrance free)  
Detergents (unless fragrance free)  
Disinfectants (unless nontoxic and fragrance free, such as hydrogen peroxide)  
Drain cleaners (unless nontoxic and fragrance free, such as baking soda and vinegar)  
Dry cleaning  
Dryer sheets (unless fragrance free)  
Dyes, synthetic  
Essential oils  
Fabric, new (unless organic and untreated)  
Fabric softeners (unless fragrance free)  
Felt-tip pens  
Flame-proof mattresses  
Floor cleaners, strippers, and waxes  
Formaldehyde-treated products  
Fragranced products of all kinds (e.g., fragranced soap, shampoo, hair conditioner, lotion)  
Furniture polish  
Gasoline and gas appliances  
Incense  
Kerosene  
Lacquer and varnish  
Moth balls and crystals

Mouthwash and toothpaste (unless fragrance- and fluoride free)  
Nail polish and remover  
Newsprint and non-soy ink  
Oven cleaner (except baking soda)  
Paints, fresh (except with low VOCs)  
Paraffin  
Perfume  
Permanent-press clothing  
Pesticides (including fungicides, herbicides, insecticides, rodenticides, etc.)  
Pine-scented cleaners  
Plastics that emit odors (e.g., mattress covers, shower curtains, tablecloths)  
Rubbing alcohol  
Scented products of all kinds (e.g., scented soap, shampoo, hair conditioner, lotion)  
Sealants, fresh (except with low VOCs)  
Solvents  
Tobacco smoke of any kind  
Vinyl (e.g., shower curtains)  
Wood smoke

\*The above list is by no means exhaustive, nor are all products listed equally problematic; e.g., exposure to pesticides is generally far more dangerous than exposure to felt-tip pens or mouthwash. Also, be aware that what can injure one person may not injure another. Similarly, what may appear to be safe for one person may not be safe for another.

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*The Multiple Chemical Sensitivity Project, an initiative of Boston Self Help Center, receives financial support from Community Works. This flyer is based in part on "Out They Go" by the Massachusetts Association for the Chemically Injured (MACI).*

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