



CLEAR

Center for Leadership
in Environmental Awareness
and Research



VOC EXPOSURE IN YOUR HOME

VENTILATE

Keep air vents clear and consider installing under-door vents to combat high VOC levels in closed spaces.

STORAGE

Don't store products (such as old paint cans and bleach bottles) in the home, since VOCs can leak from containers. Put them in a garage or shed separate from the house.

STOP USING AIR FRESHENERS

These are a key source of VOCs in your home. Alternatives include using essential oils.

WEAR A MASK

When cutting the grass or pumping gas. Gasoline contains VOCs. Consider alternatives to gasoline-powered machinery.

AIR FILTERS

Use air purifiers with active carbon and HEPA filters to help eliminate unwanted particles. Regularly replace filters in indoor fans and HVAC systems.

CLEANING PRODUCTS

Watch out for detergents, air fresheners, furniture polish, oven cleaner, carpet cleaner and other varnishes. Choose products certified low- or no-VOC.

CHOOSE PAINT WISELY

High levels of VOC solvents in paint contribute to pollution and reduce overall indoor air quality. Use paints labeled 'Low VOC', 'No VOC', and 'Zero VOC.'

STAY INFORMED

Make sure you are informed about the products you are using in your home. Read and follow the guidelines on product labels.

KITCHEN

Using a hood fan while cooking indoors and keeping the door closed when grilling outdoors will reduce VOC exposure in the kitchen.

GET A MONITOR

Get a smart home air quality monitor that tracks VOCs and can alert you if your levels cross certain thresholds.

LISTEN TO YOUR BODY

When something smells or makes you feel dizzy or causes trouble breathing, it is likely emitting VOCs. Take action and assess your home.

HOW TO PROTECT YOURSELF



UNSCENTED LAUNDRY DETERGENT WITH PLANT-BASED FORMULAS ARE SAFER FOR YOUR SKIN AND THE ENVIRONMENT

AVOID PRODUCTS CONTAINING BENZENE AND OTHER HARMFUL CHEMICALS



LOOK FOR PROFESSIONAL NAIL LACQUER MADE WITHOUT FORMALDEHYDE, TOLUENE, DIBUTYL PHTHALATE OR CAMPHOR, ETHYL TOSYLAMIDE, TPHP, XYLENE PARABENS, OR LEAD

AVOID PRODUCTS CONTAINING THESE HIGHLY VOLATILE AND TOXIC COMPOUNDS



ENVIRONMENTALLY FRIENDLY PAINT REMOVER IS WATER-BASED, FORMULATED WITHOUT METHYLENE CHLORIDE OR CAUSTIC SUBSTANCES AND IS NON-FLAMMABLE

AVOID TRI- TETRA- OR PERCHLOROETHYLENE (TCE OR PCE)



CITRUS SOLVENTS MAY BE AN ALL-NATURAL ALTERNATIVE TO PETROLEUM-BASED PAINT THINNERS BUT AVOID THOSE CONTAINING MINERAL SPIRITS

AVOID PRODUCTS CONTAINING XYLENE AND MINERAL SOLVENTS

CONTACT INFORMATION

ABIGAIL COFFIELD
HJ9180@WAYNE.EDU
313-993-7746

BENITA RANGIRA
GB8130@WAYNE.EDU
313-577-1046

DR. LYKE THOMPSON
LYKETHOMPSON@GMAIL.COM
313-577-5209

WEBSITE:

[HTTPS://CLEAR.WAYNE.EDU/](https://clear.wayne.edu/)

ALWAYS USE A MASK WHEN

- USING CLEANING PRODUCTS
- PAINTING
- PUMPING GAS
- NEAR FACTORIES & INDUSTRY