

# HEALTHY LIVING with MADE SAFE

We've pulled this go-to resource together with some of our best tips for healthy living for anyone looking to cultivate healthier lifestyle habits and a safer home environment.

## BODY & MIND

### Care for yourself with healthy habits

- Practice good hygiene.
- Sleep: aim for 8 hours every night.
- Hydrate: although individual needs can vary based upon lifestyle, aim for eight 8-ounce glasses per day.
- Eat whole foods.
- Exercise regularly.
- Choose nontoxic products.
- Take care – mentally & emotionally
  - Incorporate laughter into your day.
  - Make space for play and creative expression.
  - Get moving.
  - Be involved in community.



### Hand sanitizer

Use when soap & water is not available.

Look for:

- Simple non-active ingredients like water, glycerin, and plant oils.
- Safer active ingredients such as ethyl alcohol and isopropyl alcohol.
- Avoid: hand sanitizers with parabens, PEGs, "fragrance," or colors or dyes listed on labels.



### Handwashing

#### The How

- Wash hands often for at least 20 seconds with soap and water.
- Fully dry hands.



#### The What

- Look for: plain old soap and water.
- Avoid: parabens, phthalates, triclosan & other antibacterials, PEGs, isothiazolinone preservatives.

### Face coverings

- When choosing a face mask, look for high-quality natural materials, such as organic cotton.
- Avoid "stain resistant" or "wrinkle-free" fabrics.
- Avoid materials labeled as "antibacterial" or "antimicrobial."
- Wash the mask regularly using nontoxic detergent.



## HOME

### Keep your indoor air healthy

- Open your windows for at least 10 minutes a day, when air quality is good.
- Use safe cleaning products.
- Use proper ventilation if utilizing conventional cleaners.
- Vacuum with a HEPA filter often.
- Avoid fragranced products.
- Dust frequently with a damp cloth.
- Properly vent your appliances.



### What to clean with

- Wipes – 100 percent biodegradable materials like cotton or bamboo. Make sure the wipe itself is NOT plastic.
- Paper towels – natural fibers like paper and bamboo, whitened without the use of chlorine bleach.
- Reusable cloths – natural fibers such as cotton (even better if it's organic). Old cotton tee-shirts make great cleaning cloths!

### Cleaning

#### Cleaning vs. disinfecting

- Cleaning = the removal of germs, dirt, and impurities from surfaces. By removing germs, it lowers their numbers and the risk of spreading infection.
- Disinfecting = using chemicals to kill germs on surfaces. The process does not necessarily clean dirty surfaces or remove germs.



#### Choose safer cleaning products

- Look for the MADE SAFE® seal.
- Choose products with all of the ingredients listed on the label.
- Choose a multi-purpose cleaner.
- DIY your own cleaners.

#### When to clean

- Prior to disinfecting.
- After using a harsh cleaner.
- On a regular basis for general cleanliness.

### Disinfecting

#### Choose safer disinfectants

- Citric acid
- Hydrogen peroxide
- L-lactic acid
- Alcohol (ethanol & isopropanol)
- Thymol

#### Where to disinfect in the home

- High-use surfaces such as doorknobs, remotes, faucets, etc.
- Surfaces touched by ill household members.

#### How to disinfect

- Properly ventilate the room (especially if using harsh cleaners).
- Wear gloves.
- Follow label instructions.
- Clean surfaces prior to disinfecting.
- Clean surfaces with a nontoxic cleaner after using harsh cleaners.
- Disinfect properly based on your surface type.



Find MADE SAFE certified household cleaning products and wipes on our website.