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.

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.

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.

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.
Best Practices: Healthy Living with MADE SAFE

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.

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.

WWW.MADESAFE.ORG