

# MONSTER MIXTURES

## DANGEROUS HOUSEHOLD CLEANING COMBINATIONS!



The CDC\* recommends that we clean and disinfect frequently touched surfaces to kill viruses and bacteria that can make us sick. You might be tempted to use two or more cleaning products together to make them more effective. **BUT STOP!** Common cleaners that are safe to use by themselves can be very dangerous if they are used together.

In some instances, these mixtures can cause breathing problems within minutes of inhaling the vapors!

**Follow label instructions, store cleaners in their original containers, do not use more cleaner than is recommended on the label, and never mix cleaners or use them one right after another without rinsing first with water.**

- **Mixing bleach and vinegar** can irritate your eyes, make you cough, and cause breathing problems.
- **Mixing bleach and ammonia** produces a toxic gas that causes shortness of breath and chest pain.
- **Mixing bleach and alcohol** (both rubbing alcohol and ethyl alcohol) can damage your eyes, lungs, and liver.
- **Mixing hydrogen peroxide and vinegar** produces a corrosive acid that will irritate your eyes, skin, and respiratory tract.



**Beware of the potential health risk from breathing these household chemicals. Use cleaners as the label instructs, in the amounts advised, and separately from other cleaners to avoid creating a monster mixture—and a serious risk to your health!**