

What Cleaning Products Not to Mix



Bleach & Ammonia

These products create a gas called chloramine which can cause a number of negative health reactions including coughing, nausea, shortness of breath, watery eyes, chest pain, irritation to throat and eyes, wheezing, and even pneumonia and fluid in the lungs.

Bleach & Vinegar

When bleach is mixed with other acids, this creates chlorine gas which is extremely harmful when inhaled. Symptoms can include irritation to mouth and nose, coughing, shortness of breath, fluid buildup in the lungs, or worse.



Hydrogen Peroxide & Vinegar

These two common cleaners form peracetic acid which can be harmful. This gas can cause irritation to your eyes, throat, lungs, and skin.

Alternative Cleaners

Alternatives include baking soda, castile soap, vinegar, lemon juice, and essential oils.



Safe Practices

Read labels and follow instructions, ensure proper ventilation, use protective gear, keep products separate, avoid mixing chemicals, dispose of products properly, store products safely, clean up spills promptly.

