Final report

Teaching safer cleaning practices in the homes of Spanish-speaking immigrants

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The Hazardous Waste Management Program, a coalition of local governments in King County, Washington, prepared this report. Our customers are residents, businesses, and institutions with small quantities of hazardous wastes. Our mission is to protect and enhance public health and environmental quality in King County by reducing the threat posed by the production, use, storage, and disposal of hazardous materials.

Participating agencies include the Water and Land Resources Division and Solid Waste Division of King County’s Department of Natural Resources and Parks, Public Health – Seattle and King County, Seattle Public Utilities, and 37 cities and Tribal governments in King County.

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Executive summary

One of the Hazardous Waste Management Program’s goals is to reduce exposures to hazardous cleaning products by teaching safer cleaning practices. In our prior work with the Spanish-speaking immigrant population in King County, we learned that they clean often and use many cleaning products, some of which are hazardous. This community expressed an interest in learning safer ways to clean their homes. In response, we partnered with Sea Mar Community Health Centers (Sea Mar) to teach participants safer cleaning practices in their homes.

The project had two goals:

1. Increase their awareness of the health risks of using bleach and mixing chemical cleaning products.
2. Shift their behavior for two months from using hazardous cleaning products to safer cleaning practices in at least one area of their home.

The Sea Mar Community Relations Department Field Team, or Field Team, conducted the safer cleaning training in 76 homes, reaching a total of 332 people, including those that lived in the home. They presented information on the health hazards of using some cleaning products and demonstrated how to identify them.

The Field Team then coached participants on making and using safer cleaning products using products from a safer cleaning kit. Then the participants used this homemade cleaner to clean an area of their home. Participants also practiced cleaning with a store-bought product, all-purpose spray with the Environmental Protection Agency, or EPA, Safer Choice label. At the end of the visit, the Field Team asked the participant to sign a pledge to start using this safer cleaning product instead of one of the hazardous products for two months.

Two months after the training, all participants received an evaluation call to measure the impact of the training on participants. Of the 76 homes visited, 51 of them (67%) responded to the call. All 51 participants were still using the safer cleaning products in the area they specified in their pledge. Many responded that their health had improved and that they were using the cleaning products in other areas of their home as well.

1 The Local Hazardous Waste Management Program in King County recently changed its name to The Hazardous Waste Management Program.
### Acronyms and abbreviations

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<th>Definition</th>
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Acknowledgments

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Introduction

Many cleaning products marketed to households are hazardous to human health and the environment. Researchers have associated the use of these cleaning products with acute health effects such as burns, headaches, dizziness, breathing difficulties, and eye irritation. Cleaning products may also contribute to chronic diseases such as asthma (Zock, 2001) and dermatitis (Bauer, 2013). Mixing chemicals can create toxic gases that can cause difficulty breathing and sometimes lung damage in those who inhale the gas over an extended period. (Reisz, 1986).

The Latino/Hispanic community is one of the largest communities of color in King County. Over the last several years, it has repeatedly expressed interest in learning safer cleaning practices. In response to this, the Hazardous Waste Management Program, or Haz Waste Program, has worked to increase awareness of the possible hazards of household cleaning products. During this time, we have learned more about the cleaning practices of the Latino/Hispanic community.

Previous research results

Before designing this project, we conducted several studies to learn about the community’s barriers and motivators to using safer cleaning products. In the fall of 2017 through the spring of 2018, the Field Team visited 40 Latino/Hispanic homes in Auburn to inventory household cleaning chemicals. We learned that most participants used hazardous cleaning products and that bleach was used frequently and often at full strength (Rafii, 2018, p. 19).

During a Stakeholder Roundtable conducted in 2018, Latino/Hispanic community leaders identified the top five health concerns associated with cleaning as (1) the hazards associated with mixing chemicals, (2) the overuse of disinfectants (including bleach), (3) asthma prevention, (4) dermatitis and (5) fragrances (Local Hazardous Waste, Oct. 2018, p. 7).

In another study conducted in 2018, 102 intercept interviews with Latinos/Hispanics in South King County revealed that the biggest barriers to using safer cleaning products were (1) price, (2) lack of familiarity with them, (3) dislike of the smell, (4) difficulties using, and (5) belief that natural products are ineffective (Local Hazardous Waste, July 2018, pp. 8-9).

This same study found that the top motivators to use safer cleaning products were (1) they could be used to clean almost everything, (2) they clean well, (3) the belief they are safer, and (4) they have a pleasant odor (Local Hazardous Waste, July 2018, p. 10).

The Latinos/Hispanics interviewed also indicated that most would be open to (1) making their own safer cleaning products using ingredients they have at home and (2) buying a safer cleaner in a store (Local Hazardous Waste, July 2018, p. 7).

Small-group discussions conducted with community members identified that information about the health risks of certain cleaning chemicals and safer homemade cleaning products would help shift the community towards safer cleaning practices (Local Hazardous Waste, July 2018, p. 12).
**Partnership with Sea Mar Community Health Center**

King County has a long-standing practice of public engagement intended to inform and seek input from the communities we serve. A commitment to community partnerships is equally rooted in the principle that those affected by a decision have the right to be involved in the decision-making process. Community-based organizations facilitate access to decision-making for historically underrepresented communities and provide the expertise needed to remove barriers of race, cultural norms and practices, disability, and language in order to foster full and equitable civic participation.

The Hazardous Waste Management Program is partnering collaboratively with communities to ensure Program goods and services are relevant and accessible, so that all can benefit and to ensure equitable inclusion of customers’ voices and participation. The Program’s outreach and engagement approach is racially equitable and informed by our customers.

The Sea Mar Field Team’s (see Appendix A) outstanding work in a previous project with us (Rafii, 2018) and the results of 102 interviews with Latinos/Hispanics that indicated they trusted health clinics for their health information (Local Hazardous Waste, July 2018, p. 13) led us to partner with them again. Sea Mar is highly trusted in the Latino/Hispanic Community and, despite the social and political environment during this period, they garnered enough trust among Latino/Hispanic immigrants to welcome them into their homes.

**Decision to do in-home trainings**

Previous efforts to increase awareness and shift behavior around cleaning practices in the Latino/Hispanic community involved group workshops in public spaces with sample cleaning products brought in by the trainers. In conversations with Sea Mar, we decided to try an in-home approach and use the cleaning products the participants have in their home to help them identify if the products in their home are hazardous. This individual training approach would also allow them to try the safer cleaning recipes in their homes.

**Project goals**

The project’s goals were that participants who receive an in-home training will

- increase their awareness of the health risks of using bleach and mixing chemical cleaning products
- shift their behavior from using hazardous cleaning products to safer cleaning practices in at least one area of their home for two months.

**Location of trainings**

We focused most of the trainings in the cities of Burien and Kent because of the high proportion of Latino/Hispanic residents.
Methods

We designed the project based on the information we heard from the community.

Materials development

The project began with preparing materials Sea Mar would need to teach safer cleaning practices to their community and creating a survey to evaluate the effectiveness of the training.

Survey

We developed 11 survey questions to assess the participants’ understanding of the risk of residential cleaning chemical exposures and their awareness and opinions about safer cleaning practices. The questions also evaluated the participants’ self-efficacy\(^2\) in the use of safer cleaning recipes and choosing safer cleaning products in the store. As part of the survey, we also asked about age, the number of people living in the home, gender, and zip code (see Appendix B).

Before developing the survey questions, we designed a logic model to help conceptualize the expected behavior (see Appendix C). We asked the survey questions before the safer cleaning training began. Two months after the in-home visit, we asked the same questions, in addition to three more questions about the pledge.

The key research questions informing the survey questions were the following:

- Does a follow-up phone call seven to ten days after the in-home visit increase the number of homes that change from using a hazardous cleaner to a safer cleaner?
- What percentage of homes overall have adopted the cleaning practices two months after the in-home training?

Health risk flyer

Before we designed this project, we conducted a stakeholder roundtable that brought 10 Latino/Hispanic community leaders to discuss the greatest risks to their community around chemical cleaning products. Their three highest risks/priorities to their community around cleaning were (1) mixing, (2) overusing disinfectants and (3) preventing asthma.

Based on this recommendation, we worked with the Field Team to create a flyer that communicated these health risks. This flyer follows the guidance of the Community Partnership portion of the King County Equity and Social Justice Strategic Plan, which includes relying on the expertise of community-based organizations to advance their equity and social justice outcomes (King County, 2015).

A portion of this flyer is shown in Figure 1 below. The full flyer is in Appendix D.

\(^2\) Self-efficacy is an individual’s belief that they can succeed in doing the behavior or accomplishing the task.
The Haz Waste Program was simultaneously developing two flyers to promote safer cleaning: one with six recipes to make safer cleaning products and one that showed how to buy a household product that is safer for your family (see Appendix D). These two flyers were developed based on feedback from the Field Team and other community partners and stakeholders.

The Safer cleaning kit and EPA Safer Choice all-purpose spray

We wanted to provide the opportunity for participants to make a cleaner from ingredients they may already have at home (vinegar, baking soda, etc.) and to try an affordable, safer cleaning product they could buy in the store.

A previous study helped us develop this strategy. The study reflected that 68% of Spanish-speaking immigrants interviewed said they would be willing to make a safer cleaner at home and 66% would be willing to buy a safer cleaner at the store (Local Hazardous Waste, July 2018).

The safer cleaning kit was comprised of

- a bucket to hold the materials
- white vinegar
- baking soda
- an ECOS brand dish soap (with EPA Safer Choice label)
- an empty spray bottle
- a scrubber sponge
- an e-cloth brand microfiber cloth
- an ECOS brand all-purpose spray (with EPA Safer Choice label)
- a recipe card with six safer cleaning recipes.
**EPA Safer Choice labeled products**

An EPA Safer Choice label indicates that ingredients are among the safest in the product class. The EPA evaluates ingredients against strict health and environmental criteria and also tests performance (U.S. EPA Safer Choice).

**Figure 3: EPA Safer Choice label**

Of the EPA Safer Choice products available, the ECOS all-purpose spray and dish soap were included in our Safer Cleaning kit for these reasons:

- They have the EPA Safer Choice logo on the label, making it easy for shoppers to identify. (Not all EPA Safer Choice products have this label).
- The price was equivalent to other all-purpose cleaning products this audience might purchase. (Price ranged from $2.48 to $4.49/bottle, depending on the store).
- They are lightly scented with non-toxic fragrances, which appealed to most that tested them and gave us feedback.
- These products are available online in a fragrance-free version.

**e-cloth brand microfiber cloth**

We included in our safer cleaning kit an e-cloth brand microfiber cloth because most Latinos/Hispanics were familiar with microfiber cloths and liked them. We also understood that for most, the need to disinfect was an essential part of the cleaning process. We wanted to provide a safer alternative to using bleach or other disinfectants that would allow them to disinfect without exposing them to toxic products.

The microfiber cloth “e-cloth” was the only microfiber cloth that has been demonstrated to remove over 99% of bacteria, including E. coli and Listeria, using just water (Pernot, 2010). As a result, we included an e-cloth in our safer cleaning kit.

**In-home training script**

We created a training script in English and the Field Team reviewed it and translated it into Spanish. (see Appendix B).

**Pilot testing**

Sea Mar tested the script and survey questions during three pilot trainings and modified it based on comments and suggestions from the participants. This gave all of us the opportunity to assess the survey questions for their length and understandability. Based on the findings of the pilot trainings, we revised the survey questions and parts of the script.
Recruitment

To be eligible for the training, the participant had to fulfil all the following criteria:

1. Do most of the cleaning in their home
2. Use bleach to clean
3. In the last year they have not participated in any King County safer cleaning programs.

The Field Team recruited eligible participants using a screening script (see Appendix E) at neighborhood churches, grocery stores, Mexican markets, Sea Mar Health Clinics, health fairs, and other community service organizations. The Field Team told the prospective participants that they would give them a free safer cleaning kit as an incentive. We offered no additional incentive.

During the recruitment phase, the Field Team informed the participants that the report would not include their personal information. The Filed Team kept all information they collected confidential, in accordance with the Health Insurance Portability and Accountability Act, or HIPPA, a federal law that restricts access to individuals’ private medical information.

In-home trainings

Two native Spanish-speakers on the Field Team conducted the trainings. The Field Team also included the Sea Mar Contract Manager, who sometimes accompanied the staff to observe.

The Field Team found that the Latino/Hispanic families liked to welcome their guests to their home, offering them refreshments or inviting them for breakfast, lunch, or dinner, depending on the time of the visit. In some instances, the host/participants also wanted to engage in conversation before or during the visit. Because the visit was Sea Mar’s responsibility and there were time constraints, the Field Team had to decline food or gifts stating that it was against Sea Mar policies to accept them.

Before the training, the Field Team asked participants the survey questions about their understanding of the hazards of some cleaning products, and their opinions of safer cleaning products.

During the training, the Field Team entered the participants’ responses from the survey questions into the SnapSurveys online tool. With SnapSurveys you can create a survey in any language and download the data from it in the language of your choice. [https://www.snapsurveys.com/](https://www.snapsurveys.com/)

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3 For example, when conversation or lack of focus was the issue, the Field Team would say something like: “that is very interesting; however, in appreciation for your time let me ask you...” and we continue with the questions, or “I am so sorry, please allow me to hurry up so that I do not take more of your time.”
The Field Team used the health risk flyer to inform the following:

- The risks of using bleach and other disinfectants.
- The risks of increasing some health problems.
- The dangers of mixing different cleaning products.

This tool proved effective in communicating the potential risks and dangers of using some cleaning products. For the entire flyer, see Appendix D.

**How to buy a safer cleaning product**

Becoming familiar with the words on cleaning products that identify which ones are safe and which ones are hazardous was also part of the in-home training. The Field Team used the flyer, “How can I buy a household product that is safer for my family?” (shown in Figure 3 below) to help in this process. See Appendix D for the full-size version of this handout.

The Field Team asked participants to bring their cleaning products to a table where they sorted them according to whether the following words appeared on the labels:

- **DANGER or POISON** = Most harmful.
- **CAUTION or WARNING** = Somewhat harmful.
- None of these four words = Safe enough.
• Either the EPA Safer Choice label or Cradle to Cradle logo = The safest.

Most participants used cleaning products with the signal words CAUTION or WARNING, and several products labeled DANGER or POISON.

**Safer cleaning kit & recipe card**

The participants used the materials in the safer cleaning kit to make their own cleaning products using a recipe.

**Figure 6: Recipe card**

The recipe card has six safer cleaning recipes that use both visual and word descriptions (see Appendix D for the full size of this flyer).

During the in-home training, participants could choose up to two recipes to make and use to clean different areas of their house.

The most popular recipes were the toilet bowl cleaner, the counter cleaner, and the tub & sink cleaner.

Previous research done in the Latino/Hispanic community indicated that they do not like the smell of vinegar. Consistent with this finding, most participants did not choose the recipe with vinegar.

**Pledge**

At the end of the visit, the Field Team asked participants if they would be willing to sign a pledge to stop using a hazardous cleaning product in one area of their house and instead clean with a safer cleaning product. All participants agreed to take the pledge. The pledge is at the bottom of the health risk flyer (see Appendix D).

**Seven to ten-day follow up call**

After the in-home visit, half of the participants were randomly selected from the 76 homes to participate in a seven- to ten-day follow-up call. The Field Team called these participants to reinforce key messages from the visit and offer the chance to ask questions or address concerns about making their own cleaning products or using the new safer cleaning practice (see Appendix F).

**Two-month evaluation**

Two months after the in-home training, another division of Sea Mar called all 76 homes and asked the same survey questions plus three additional ones. The purpose was to evaluate the participants’ awareness of the hazards of some chemical cleaning products, and to ask if they kept their pledge to use a safer cleaning product. We used another division of Sea Mar to conduct the two-month call in order to
minimize any potential response bias. The questions were designed to be short and straightforward (see Appendix F).
Results

Haz Waste Program staff downloaded the data from the in-home trainings and exported it into an Excel spreadsheet for cleanup. We used Microsoft Excel to conduct our data analysis.

Participant demographics

A total of 76 individuals participated: 71 women and five men (with 332 family members) residing in Kent, Burien, and White Center. Most participants were in the age range of 21-60 years. They represented nine Latin American countries, with 76% from Mexico. Table 1 displays the participants’ demographic information.

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Seven to ten-day follow up call

Of the 51 participants who responded to the two-month evaluation call, 27 (53%) received a follow-up call. We observed a slight increase in the follow-up group regarding their awareness that breathing fumes from bleach can increase their chance of getting asthma as compared to participants who did not receive a follow-up call. Participants in the follow-up group also showed a slight increase in their awareness that mixing chemicals can form a toxic gas. The difference between the two groups seems unremarkable, showing little advantage to the participants who received a seven to ten-day follow-up call. Figures 7 and 8 below show this difference.

Figure 7: Comparison of seven to ten-day follow up call group on asthma risk

![Figure 7](image-url)
Two-month evaluation results

Of the 76 participants who received an in-home training two months after their visit, 51 (67%) responded to the call. See the results below in Tables 9 through 17.
Increased awareness of the health hazards of bleach and mixing chemicals

Before the training, 82% of participants believed that cleaning with bleach could increase the risk of skin problems; two months later, 92% of participants recognized the increased risk of skin problems when cleaning with bleach. See Figure 9 below.

Figure 9: Cleaning with bleach can increase the risk of skin problems
When asked whether breathing fumes from bleach can increase the chance of getting asthma, 80% of participants before the training thought this was true. Two months later, 92% identified this statement as true. This is illustrated in Figure 10 below.

**Figure 10: Breathing fumes from bleach can increase asthma**
When asked whether mixing different cleaning products could form a toxic gas, 86% of participants before the training stated this was true; two months afterward, 98% of respondents said it was true. See Figure 11 below.

**Figure 11: Mixing cleaning products can form a toxic gas**
Opinions about safer cleaning products: reducing barriers and increasing motivators

During the two-month evaluation call, participants were asked about their opinions on safer cleaning products again, like dish soap, vinegar, baking soda, or microfiber cloths. Participants could choose more than one option, so there were more than 51 answers. We saw a positive shift in attitude regarding safer cleaning products in the areas of effectiveness, smell, and price:

- **Effectiveness**: before the training, 21% of participants indicated that safer cleaning products “clean well,” whereas two months later, 35% said they clean well.
- **Smell**: 18% of participants before the training believed safer cleaning products didn’t smell good; however, two months later, only 3% of participants said they didn’t smell good. It is possible they previously associated safer cleaning with vinegar. For this training, we intentionally provided five safer cleaning recipes that did not have vinegar.
- **Price**: before the training, 13% indicated safer cleaning products were expensive, whereas after the training, only eight percent thought they were expensive.

We also observe that before the training, 40% believed that safer cleaning products took more time to clean, and two months later, more participants stated (53%) thought that they took more time to clean with. Figure 12 below summarizes their opinions on this.

**Figure 12: Summary feedback on cleaning products – vinegar, dish soap, baking powder**
When asked before the training if it is worth their time to make cleaning products at home, 66% of participants indicated that it was; after the training 96% stated it was worth their time.

Figure 13 illustrates these results.

**Figure 13: Making cleaning products at home is worth my time**
In addition to learning how to make a safer cleaning product using the recipe card, we gave participants a store-bought EPA Safer Choice all-purpose spray, and they practiced using this cleaning product in their home. Two months after the in-home visit, we asked them their opinions on safer products people can buy in the store. We saw the most changed opinions in these areas:

- **Price**: before the visit, 30% believed that safer cleaning products people can buy in the store were expensive, and after the visit, only seven percent thought they were expensive.
- **Effectiveness (cleans well)**: prior to the visit, only eight percent of participants believed that store-bought safer cleaning products clean well, but after the visit, the number increased to 35%.
- **Health**: before the visit, 21% indicated these products are good for their health, and after the visit, the number increased to 39%.

Figure 14 summarizes these results.

**Figure 14: Summary of feedback on store-bought safer cleaning products**
Increased self-efficacy in using safer cleaning products

We asked the participants if they knew how to make a cleaning product from a recipe, and if they were confident they could make their cleaning products for their home.

The results indicate increased self-efficacy in both areas. Before our training, 73% reported they knew how to make a cleaning product using a recipe. However, two months later, this percentage rose to 94%. See Figure 15 below.

Figure 15: Increased self-efficacy in making a safer cleaner using a recipe
Pledge

At the end of the in-home training, all participants agreed to stop using a hazardous cleaner in one area of their home and instead use a safer cleaning product for two months.

When filling out the pledge, the participants chose between using an EPA Safer Choice product and using a safer cleaning product they make from a recipe. Thirty-five participants (46%) said they would make their own safer cleaning products, while 41 participants (54%) promised to use the EPA Safer Choice all-purpose spray that people can buy at a store.

Fifty-five participants (72%) promised to give up a disinfectant and instead use a safer cleaning product, in the area where they pledged to use a safer cleaner. See Figure 16 below. The three most common disinfectants given up were (1) bleach or bleach-containing all-purpose cleaning products (2) Lysol and all-purpose products containing Lysol, and (3) Pine-Sol.

Figure 16: Participants who pledged and gave up disinfectants
Most participants chose the bathroom to use the safer cleaning products, followed by the kitchen. The surfaces they pledged most to clean were the toilet, the kitchen counters, and the bathroom tub and sink. Figure 17 shows the distribution of rooms where participants chose to use safer cleaning products.

Figure 17: Distribution of rooms where participants chose to use safer cleaning products
Discussion

Increased awareness of the risks of using some chemical cleaning products

After the Field Team reviewed the health risk flyer with the participants, participants shared their experiences and concerns about how the cleaning products were personally impacting them or someone they know.

- “When I clean, it makes me sneeze and cry. It’s bad.”
- “I have asthma, and Clorox affects it.”
- “Mixing bleach and soap to wash the dishes hurts my breathing. Fragrances can cause allergies.”
- “Clorox causes eye and skin irritation. I didn't know that the fumes were toxic and so harmful.”
- “I work in a hotel, and they gave us chemical cleaning products to use, and we thought they didn't clean well so we added soap. It caused a skin rash from using [it].”
- “[Mixing products] causes breathing problems for days.”

When the Field Team sorted the participants’ cleaning products according to the “signal words” on the product label (CAUTION, WARNING, DANGER, and POISON) and explained that these words were required by law because the products were hazardous, the expressions on their faces revealed that most were surprised they had harmful cleaning products in their homes.

Health appeared to be a strong motivator for this community, and the focus of health in this training appeared to be effective. In the two-month follow-up call, several participants commented on how their health had improved because of using safer cleaning products:

- “I feel better with my asthma. Thank you very much.”
- “I am using all the products for my health. They are very good, and I don’t feel any allergies. I am happy to use them.”
- “I can’t believe that just baking soda and soap cleaned my bathroom. Now I have no side effects.”
- “[I’m] doing the recipes and I’m doing better with my asthma.”
- “I don’t get allergies with [ECOS]. Thank you for teaching me.”

Reducing barriers and increasing motivation to use safer cleaning products

Frequently voiced barriers to using safer cleaning products in the Latino/Hispanic community include lack of familiarity, disagreeable odor, longer cleaning times, cost, and poor performance.

The hands-on training and cleaning products in the safer cleaning kit the Field Team provided allowed participants to gain familiarity with them. Making and using the cleaning products in their own homes allowed them to test their effectiveness and odor. The participants also expressed their approval of these cleaning products:

- “Wow! It cleans well!”
- “Good and cheaper than the products I am using.”
- “It cleaned, and it was fast.”
“My hands are very bad I think because of the dangerous cleaning products, and I have eczema. Now I will be better. The floor is fine, I thought it was going to be sticky, but it looks good.”

“It looks good, and the smell is fine.”

One goal of the training was for participants to pledge to clean one area of their home with a safer cleaning product for two months. However, at the end of the training almost half of participants expressed a desire to go beyond their pledge and stated they would clean their entire home with the safer cleaning products.

Members of this community have indicated over the years that a motivator they consider when buying and using cleaning products is that they “clean fast”. During the two-month follow up call, participants stated that cleaning with the safer products Sea Mar left took longer but they continued to use them anyway, indicating a commitment to protecting their family’s health. (see Figure 12).

**Increased self-confidence in making and using safer cleaning products**

Participants’ comments indicated that their confidence in making and using safer cleaning products had greatly increased. Below is a sampling of their comments:

- “I clean the tub with baking soda, and I like the way it looks.”
- “I used all the products you gave me, in addition, I went to the store and bought multiple ECOS products because I don’t get allergies with those. Thank you for teaching me.”
- “I have been using the products you gave me. I like them; I bought some products at WinCo’s.”
- “Yesterday I cleaned my toilet with a little bit more of the dish soap I added vinegar and baking soda. It looks good.”

**Strengths and limitations of the study**

**Strengths**

One major strength of this study is the Latino/Hispanic community’s readiness for this information. Over the years this community has expressed their desire to have information about the health risks of some cleaning products and training on safer cleaning. Health is a significant motivator for this community, and we were able to provide them with effective and healthier ways to clean. We listened and wanted to be proactive with this community, to increase awareness about exposures to toxic cleaning chemicals, and provide education on safer alternatives.

Another strength of this study was our partnership with Sea Mar Community Health Centers, which played a crucial role in all phases of this project. Sea Mar is highly trusted in this community. Because Sea Mar employs native Spanish speakers, they were able to work in language with the participants, making the training much more effective. In addition, the Field Team is highly skilled in developing relationships with the participants. During the two-month evaluation, many participants asked for them by name, requesting they call them regarding their additional cleaning questions.

Finally, another strength of this project was the Field Team’s commitment and passion for teaching safer cleaning practices and their determination to continue recruiting after the increased ICE raids in their
community. Recruitment required the Field Team to be very flexible in their hours to accommodate participants’ schedules, who frequently worked seven days a week and sometimes started early in the morning and working late into the evening.

**Limitations**

Upon reflection, our survey questions about bleach and mixing chemicals (Figures 9, 10, and 11) were leading and likely would have encouraged people to respond that they were familiar with these issues when they may not have been. We will reframe future questions to avoid being leading by making them open-ended.

Also, feedback from our Field Team about the survey questions, which were written in English and then translated into Spanish, revealed that we did not consider the various education levels of participants (from no education to college level). Therefore, some participants may not have been familiar with the words used or may have misinterpreted the questions.

The two-month evaluation was conducted over the phone, rather than in-person. We recognize that the best way to evaluate whether participants have changed behavior is via direct observation. However, this was not possible given that the desired behavior took place in their homes.

Only 51 of the 76 participants responded to the two-month evaluation. Thus, we cannot exclude the possibility of response bias. In other words, we cannot be sure that the responses of these 51 respondents were representative of the original 76 participants.

Because of the small number of homes visited, this study does not allow us to extrapolate the results to all Spanish-speaking immigrants in King County.

We recognize that a two-month evaluation is not enough time to evaluate long-term behavior change. Research shows that it takes between 18 to 224 days to make a new behavior a habit and that it varies according to individuals (Lally, 2009). Therefore, in an extension of this project with Sea Mar in 2020, we will call the 76 participants six- to nine- months after their visit to evaluate whether participants are continuing the desired cleaning practice.
Challenges and lessons learned

Participant recruitment

Recruitment started in early May 2019 and continued with relative ease until mid-July, when President Trump tweeted that he was increasing Immigration and Customs Enforcement or ICE raids. This environment created great fear in many immigrants, including the Latino/Hispanic community. The Field Team found it much more difficult to recruit participants. After mid-July, 60% of those they did recruit, either canceled or did not answer the door for their appointment. Despite this challenge, the Field Team increased its recruiting efforts and was able to complete the number of trainings specified in the contract.

Data collection tool

We used Snap Survey to record the data in real-time during the trainings. The tool was flexible and allowed the Field Team to view the script that matched each question, as well as to enter data and comments. Unfortunately, the online survey tool failed about 10% of the time, causing gaps in data collection. We were not able to determine if this was due to a software issue or operator error. This situation greatly increased the work of the Field Team, who began carrying paper copies of the test questions and script so they could continue their visit and data collection with as little interruption as possible. Even with this technical difficulty, the Field Team was able to record pledge information from all 76 home trainings.

We will work with the Snap Survey technical team to analyze possible causes of and solutions to the problem.

Survey questions

The survey questions were developed in English and then translated by the Field Team into Spanish. The Field Team then conducted a community review to ensure the translation met Universal Spanish requirements. In the testing phase, we heard complaints about redundancy in the questions and awkwardness of the phrasing. It took several edits before the Field Team and participants in the pilot tests were comfortable with the questions. We intend to continue to refine the questions to make them more understandable.

EPA Safer Choice cleaning products

During the planning phase of this project, only one all-purpose spray cleaner (ECOS) had an EPA Safer Choice label that was similarly priced to products popular with our audience. As of June 2020, the Seventh G eneration brand added the EPA Safer Choice label to their dish soap. This brand is also in a priced similarly to the ECOS product. Consequently, we now have a second product line to recommend, which gives our communities more options and greater ease in finding safer cleaning products.

Because EPA Safer Choice products are not available in all stores in King County, the Field Team shared with each participant the names of stores where these products are available in their area. However, several participants did not remember where to buy Safer Choice products. For the next phase of this project, we will consider the best way for the Field Team to help participants retain this information.
We also learned that participants remembered the brand name ECOS but were not familiar with the EPA Safer Choice label. Again, in this project’s next phase, we will spend more time teaching about the EPA Safer Choice label and put less emphasis on the brand name.
Conclusions and recommendations

Conclusions

The in-home safer cleaning training was effective in modifying the cleaning practices of the participants for two months. It also resulted in an increased awareness of the risk of hazardous cleaning products and increased self-efficacy and motivation to make safer cleaning products.

We compared the data collected from participants who received a seven- to ten-day follow-up call with those that did not receive follow-up calls. We noticed no remarkable difference between these two groups.

These findings indicate that it would be beneficial to continue this approach in the Latino/Hispanic community to see if these results can be repeated. In an extension of this project in 2020, we will conduct a 9-to 12-month follow-up call with the 76 homes to determine whether participants are still using safer cleaning products.

Recommendations

Some participants commented that the EPA Safer Choice cleaning products were not available where they shopped. We recommend increasing the market availability of EPA Safer Choice label products, especially the all-purpose sprays, through targeted outreach to stores frequented by our audience.

During the research phase of this project, added fragrances to products was a concern among many of the stakeholders. We recommend adding messaging in the training script about the potential hazards of fragrances along with messaging about the safety of fragrances in products with an EPA Safer Choice label.

With the goal of protecting the health of those that have the most exposure to hazardous cleaning products, we recommend holding a workshop for residential professional cleaners to hear about their experiences. We would like to learn how to support them in reducing their exposures to hazardous cleaning products.

In addition to continuing the private in-home training, we recommend a multifaceted outreach approach to increase awareness of the health risks of using hazardous household cleaning products. This could include the following:

- Continue to provide information about how to make and identify safer cleaning products.
- Provide this information via influential social media sites, local radio, and other outreach to the local Latino/Hispanic community.
- Collaborate with other community-based organizations, academic institutions, and housing agencies to spread this message.
References


Local Hazardous Waste Management Program in King County, WA, TDW+Co, & Radiant Consulting (2018 October). Native Spanish speaking immigrant behavior study: Phase II, message design workshop.


Appendix A:
Project staff & equipment
Project Staff

Sea Mar

Yanin Diaz – Field team member; conducted the in-home trainings and recorded answers in the electronic survey.

Martha Acuna-Duran – Field team member, assisted in the in-home trainings, explaining the health risk flyer and assisting in making the recipes.

Ninfa Quiroz – Contract Manager; observer on multiple occasions, staff support, conducted transcreations.

Hazardous Waste

Cheri Grasso – Project Coordinator, Snap Survey Developer, occasional observer

Babatunde Badru – Project Manager

Julia Singer – Trainer, Script Developer

Grace Fisk – Snap Survey Developer

Fanaye Amsalu – Data and Program Evaluator

Equipment

The field team was equipped with a laptop, cell phone, and the Snap Survey online tool. They used a hotspot to make sure interviewers could ensure an internet connection in the field.

To protect themselves from exposure to harmful chemicals, the field team used the following protective equipment:

- Disposable gloves
- Disposable towels to put on tables to protect the table from cleaning product spills
Appendix B:
Script: survey questions and in-home training script
Script: In Home Training with survey questions - English

Introduction – at the door when the trainers arrive at the participant’s home

Good Morning/Good Afternoon. We are from Sea Mar. I am _________ and this is ______________. We thank you for the opportunity to visit you in your home for the safer cleaning products demonstration. Can we come in?

Continue with cultural protocol

Can you allow us to sit down in the kitchen or dining room area? We need a table for the demonstration.

Once the trainers are in the table area they put on the gloves and explain to the participant:

We are going to wear gloves because we do not want to leave germs or bacteria in your home.

We are here to learn about the cleaning products that you use in your home, and to share with you safer products and ways to clean with them.

In appreciation for allowing us to come to your home we have brought you these safer cleaning products which we will use for the demonstration.

Show the cleaning kit to the participant and put it out of the participant’s sight

But before we start the presentation we are going to read the participants rights and responsibilities and give you a copy for you to know what you signed.

* participation in this training/demonstration is voluntary,
* if you decide not to participate it is OK,
* your personal information you share with us (name, address, etc.) is kept confidential by SeaMar under HIPPA, a federal law that obligates us to protect all your information.

This training should take about an hour and you have the right to ask us to stop this training at any time.

We have questions about the products that you use to clean your home but before we start, here is a list of the questions and possible responses so that you can follow along as I ask them.

Are you ready to start? Please answer the following questions with one of the answers below each question.

1. How likely do you think it is that some home cleaning products could harm you?
   - Very likely
   - Somewhat Likely
   - Neutral
   - Somewhat Unlikely
   - Very Unlikely

2. Cleaning with bleach can increase the risk of skin problems.
   - True
   - False
   - I do not know

3. Breathing fumes from bleach can increase your chance of getting asthma.
4. Mixing cleaning products can form a toxic gas.
   True  False  I do not know

5. What is your opinion about products like dish soap, vinegar, baking soda or microfiber cloths that some people use to clean. (Check all that apply).
   □ Don’t smell good  □ Are good for health
   □ Don’t clean well  □ Are expensive
   □ Take more time to clean with  □ Clean well
   □ Are not available in the market  □ Other

Comment Box

6. What is your opinion about safer cleaning products you can buy in the store (Check all that apply.)
   □ Don’t smell good  □ Don’t clean well
   □ Are expensive  □ Take more time to clean with
   □ Are Good for your health  □ Clean well
   □ Are Not available in the market  □ Other

Comment Box

7. Have you heard of ECOS all-purpose spray? If no, go to question 10
   Yes  No

8. If yes, ask Do you use ECOS all-purpose spray to clean your home.
   Yes  No

9. How much do you agree with this statement: I am confident that I can use ECOS spray to clean my home.
   Strongly agree  Agree  Neutral  Disagree  Strongly disagree

Now I am going to ask you some questions about how you choose cleaners for your home. How much do you agree with these statements:

10. I can easily identify a cleaning product that can harm my family and me.
    Strongly agree  Agree  Neutral  Disagree  Strongly disagree

11. I know how to make a cleaning product using a recipe.
12. Making cleaning products at home is worth my time.
   Strongly agree  Agree  Neutral  Disagree  Strongly disagree

13. I believe making and using cleaning products made from a recipe is safer for my family and me.
   Strongly agree  Agree  Neutral  Disagree  Strongly disagree

14. I am confident I can make my own cleaning products to clean my home.
   Strongly agree  Agree  Neutral  Disagree  Strongly disagree

15. How likely are you to make your own cleaning products using a recipe?
   Very likely  Somewhat Likely  Neutral  Somewhat Unlikely  Very Unlikely

**Health risks flyer**

We’ve been asking you a lot of questions. Now we would like to share some information with you that most people don’t know. And that is that chemicals in cleaning products can be harmful to your health.

*Show the Health Risks flyer, folded to show top row.*

*Ensure you show/focus on the drawings and read the health problems that are caused by the toxic products.*

Breathing fumes or gases from bleach can cause health problems:

*Point out the icons and read the text.*

*Listen if they have comments and take notes.*

Have you ever heard of any of these health issues happening with people you know?

*Listen. Sympathize, show interest and ensure you take notes of the comments to use the information when you start teaching.*

What do you think about this?

*Take notes on their comments*

Why do you think people keep using bleach or harmful cleaners if they have had health problems?
Listen and agree with the participant about having a clean house, killing the germs and/or what the participant says. In this section is where we identify the barriers to stop using toxic cleaners and we repeat their comments back to them.

For example, one thing you can do that would not cause [the health problems they just shared above] is to stop using [whatever the participant referred to]

You may ask: How Can I buy a household product that is safer for my family? We are going to teach you how.

May I see the products you use to clean your kitchen, bathroom and floors and may I bring them to the table?

While one of the trainers goes with the participant for the products the other one sets up the table with all the necessary items (flyers, danger, warning, labels, etc). When they return with the products both trainers begin organizing the products by the level of toxicity and they talk to the participant about what they are doing to prevent the silence, and the participant wondering what is happening.

We are organizing the products according to the level of danger.

Let’s see if any of the cleaners you use could be harmful to your health –

From the most dangerous to the safer one and we do this by reading the labels and looking for these words: POISON, DANGER, WARNING, CAUTION.

Tell the participant

These words are a rating system for the level of danger of the household products.

The words DANGER or POISON tell you a product is most harmful. These words mean the products are very dangerous.

Point to the correct picture/label with the word.

The words CAUTION or WARNING tell you a product is somewhat harmful.

Point to the correct picture/label with the word.

And if you don’t see these words, the product is safe enough.

If you see one of these two logos [EPA Safer Choice logo], that is the safest product.

Point to the correct picture/label with the word

These words are required by law to be on a household product that can harm you, but most people do not know about these words. That is why we will leave this card with you, so you can
refer to it in the future when you want to buy a household product, and use the information to help you buy a safer product.

*Show the How Can I Buy Safer card and leave it with them. Hand it to them to keep it.*

*Count how many dangerous products the participant has and say:*

There are ____ cleaners that could be harmful to you or your family.
What do you think about that?

Listen. Empathize and take note of what the participant says or comments. You will use the information in the following activity.

*If they are using safe enough products (no CAUTION WARNING DANGER OR POISON on the label) later on we will ask them to use Safer Choice products or make a cleaner.*

Today we are going to show you safer products and safer ways to clean your home than with harmful cleaners you have been using;

One thing you can do about cleaning if you don’t want to use harmful products but you want to have [what the person said above about cleaning, killing germs or whatever they said]

is to make safer products to clean.

For this reason we brought you this Safer Cleaning Kit,

*Note: show them the cleaning kit:*

You have probably seen most of these products and tools before, but maybe you did not know that using them together can help you clean in a safer way.

*Show the bucket and pull out the items and tell why they were included in the kit.*

Baking soda - a good scrubber

Vinegar – helps cut grease and the smell goes away after it dries

Dish soap – helps lift dirt from surface

Scrubbing sponge – helps scrub dirt

Spray bottle – if you make your own cleaner

e-cloth microfiber cloth - This is a special high quality cloth that can pick up 99% of bacteria without using any harmful chemicals. Read the label (translate into Spanish)
You wipe the surface, the little fibers pick up the germs, and then you wash germs down the drain. No need for hazardous chemicals.

**Safer cleaning begins – make your own safer cleaner.**

Would you want to try making a safer cleaner that could do the job of one of the hazardous cleaners you are now using?

Show them the recipe card and point out which recipes will do the job of one of the hazardous cleaners you just discovered in their home.

Which one of these recipes would you like to try? Floor cleaner, Drain cleaner, toilet bowl cleaner, tub & sink cleaner, window & mirror cleaner or all-purpose cleaner/Counter cleaner?

The participant selects the cleaner according to the recipe, and mixes them with the assistance of the trainer, if needed. Then proceed to clean the appropriate area.

If the recipe includes vinegar, then mention that the vinegar smell goes away once it is dry.

**What do you think? Note taker records comments and trainer answers any questions.**

Do you want to try another recipe?

*If yes, participant chooses another recipe
What do you think? Notetaker records comments and trainer answers any questions.*

Another way to do safer cleaning is to use a store-bought safer cleaner. We brought one with us today. It’s called ECOS. It is an all-purpose spray.

*Show ECOS All-Purpose spray.*

*Use How Can I Buy card and show that this product is the “safest.”*

Together, look at the hazardous products you collected to find the product the participant uses and ask:

Would you like to try using this safer all-purpose spray, instead of (one of these hazardous products they were using)?

*Let participant try the safer cleaner to clean one of the places they were using a hazardous cleaner.*

*It is important to clean in the places where the hazardous cleaners were being used.*
If you wanted to buy this ECOS spray, it is available in Fred Meyer, WinCo (Kent), QFC and PCC. As of early April, prices ranged from $2.48 to $4.49 depending on where you shop. You can also order it online. It comes in two different fragrances.

**Pledge**

We have been practicing cleaning in two different safer ways: making your own safer cleaner or using this ECOS all-purpose cleaner.

The reason to try and make safer cleaning a habit is right here on this flyer – using hazardous cleaners can harm you or your family’s health.

Knowing everything you know now, would you like to try and make safer cleaning a habit?

Which safer cleaning action would you want to try and make a habit – making your own safer cleaner with items you already have at home, or using the all-purpose spray that you would buy at the store?

*Let them choose which kind of safer cleaning they want to make a habit.*

Would you be willing to sign a pledge to help you remember to use safer cleaning products, instead of one of the hazardous products you were using?

*We show the dangerous products that the participant was using.*

There is no obligation for you to sign the pledge, and the pledge is only for you, as a reminder and will stay in your home.

*If they say yes, let them fill out the pledge form, with your help if needed.*

Which of these hazardous cleaners here will you try not to use for two months?

*Do not ask this question, but mark here if they say they want to replace all their hazardous cleaners with safer cleaners*

*If they say they want to replace all their hazardous cleaners with safer cleaners say:*

Congratulations! We are very happy to know you will replace all your hazardous cleaners with safer cleaners (point to bucket). However, for this question you need to select one product that you will replace with one of these safer cleaners. The reason is that in two months a representative from Sea Mar will call you and ask you about your success in cleaning that specific area.

Which one of these recipes or all-purpose spray you can buy in the store would you like to try instead of [the hazardous cleaner they have been using?]?

*Which room do you want to use it in?*
Ask them if they’d like a magnet to post their pledge somewhere that will remind them of their pledge for safer cleaning. Thank you very much for trying to make safer cleaning a habit for two months!

If they will be receiving a seven-day phone call, say, "We will be calling you in 7-10 days to see if you have any questions."

An employee from Sea Mar will call you in two months to see your progress using safer cleaners to clean your home.

Ask to see if they have time to answer demographic information – again, this will be anonymous and confidential.

**Demographics**

King County Public Health wants to make sure that we serve all different audiences in King County. To understand who we have served and who we have not served, we ask demographic information. This information is separate from our visit today and is not attached to your name or this specific training.

Would you be willing to answer 9 quick questions to help with this?

Do you have any questions before we begin?

1. Resident City
2. Resident Zip code
3. What is your country of origin
4. What is your age?
5. What is your gender Interviewer: You do not need to ask this question, simply mark based on your best judgment.
   - Male
   - Female
   - Decline to answer
   - Other

6. How many people live in your house, including yourself? Interviewer: if participant decline to answer, type in "NA"

7. Do you regularly care for other people’s children under the age of 6 in your home?

8. Who cleans the house most of the time?

9. Who buys the cleaning products most of the time (We want only one person identified. Try to narrow to one. Only choose two if they insist it is equal.)

Thank you again for your time and cooperation.
Script: In home training & survey questions- Spanish

**Presentación – cuando llegan a la casa del participante:**

Buenos Días/Buenas Tardes venimos de Sea Mar; somos Yanin y Martha y le damos las gracias por recibirnos para la demostración de los productos de limpieza. ¿Nos permite entrar?

*Continuamos con el protocolo de saludar, agradecimiento, etc.*

Nos permite sentarnos en la cocina o comedor; necesitamos una mesa para la demostración.

*En el área de la mesa las entrenadoras se ponen los guantes y explican a la participante:*

Nos estamos poniendo guantes porque venimos de la calle y no queremos dejar bacterias o virus en su casa.

Estamos aquí para aprender sobre los productos para la limpieza que usted utiliza en su hogar y compartir productos más seguros y formas de limpiar

Como “agradecimiento por recibirnos en su casa,” le hemos traído estos productos más seguros para la limpieza de su hogar los cuales utilizaremos hoy en la demostración.

*(le mostramos la cubeta y la ponemos fuera de la vista de la participante)*

Pero antes de empezar la demostración vamos a leer los Derechos y Responsabilidades del Participante y le daremos una copia, *para que sepa qué documento firmó:*

- Su participación en este entrenamiento/demostración es voluntaria.
- Si usted decide no participar, está bien.
- Sea Mar protegerá la información personal que comparta con nosotros (nombre, dirección, etc.) en cumplimiento con HIPPA (*es una ley federal que nos obliga a proteger toda su información; por ejemplo, su nombre, dirección, teléfono, etc.*)

Este entrenamiento/ demostración puede durar alrededor de una hora. Usted tiene el derecho de pedirnos que nos retiremos en el momento que usted lo considere necesario.

Tenemos algunas preguntas para usted sobre los productos que utiliza para la limpieza, pero antes de empezar le vamos a dar estas hojas con las preguntas y respuestas que que pueda ver mientras nosotras le hacemos las preguntas.

¿Esta lista para comenzar? por favor conteste las siguientes preguntas con una de las respuestas que hay abajo de cada pregunta:

1. ¿Cuánto cree usted que algunos productos para la limpieza de su hogar puedan ser dañinos?

Mucho
Algo
Neutral
un poco
Nada

2. La limpieza con blanqueador puede aumentar el riesgo de problemas de la piel.
   Verdadero
   Falso
   No se

3. Respirar los gases del blanqueador puede aumentar la probabilidad de enfermarse/contraer asma.
   Verdadero
   Falso
   No se

   Verdadero
   Falso
   No se

5. Ahora le vamos a pedir su opinión sobre productos como el vinagre, bicarbonato, toalla de microfibra, etc., que algunas personas usan para limpiar su casa.
   No huele bien
   No limpian bien
   Son Caros
   Toman más tiempo para limpiar
   Son Buenos para la salud
   Limpian bien
   No están disponibles en tiendas

6. Díganos su opinión sobre productos más seguros para la limpieza que venden en las tiendas
   No huele bien
   Son Buenos para la salud
   No limpia bien
   Son Caros
   Toma más tiempo para limpiar
   Limpia bien
   No está disponible en el mercado
   No se

7. Ha oído hablar de ECOS? Es un producto multi usos en spray
   Si___
   No___ Si contesto No, vamos a la pregunta 8

Si contestó sí, pregúntele lo siguiente:

8. Usa ECOS multi usos en spray para limpiar su hogar/casa?
Si ___ No ___

Si contestó que sí pregúntele que tan de acuerdo está con la siguiente frase:

9. Tengo la certeza de que uso el limpiador multi usos ECOS en spray para limpiar mi casa/hogar.

Muy De acuerdo  
De acuerdo  
Neutral  
en Desacuerdo  
Muy en desacuerdo

Ahora le voy a hacer algunas preguntas sobre cómo selecciona los productos para la limpieza de su casa y que tan de acuerdo está con las siguientes frases:

10. ¿Puedo identificar fácilmente un producto para la limpieza que pueda dañarme a mí o a mi familia?
Muy De acuerdo  
De acuerdo  
Neutral  
en Desacuerdo  
Muy en desacuerdo

11. Sé como hacer productos para la limpieza usando una receta.
Muy De acuerdo  
De acuerdo  
Neutral  
en Desacuerdo  
Muy en desacuerdo

12. Creo que vale la pena el tiempo que invierte en hacer mis productos para la limpieza de mi hogar.
Muy De acuerdo  
De acuerdo  
Neutral  
en Desacuerdo  
Muy en desacuerdo

13. Creo que hacer mis productos para la limpieza usando una receta es más saludable para mí y para mi familia.
Muy De acuerdo  
De acuerdo  
Neutral  
en Desacuerdo  
Muy en desacuerdo
14. Tengo la certeza de que puedo hacer los productos para la limpieza de mi hogar.

Muy De acuerdo  
De acuerdo  
Neutral  
en Desacuerdo  
Muy en desacuerdo

15. ¿Qué posibilidades hay de que usted haga sus productos para la limpieza de su hogar?

Muchas  
Algo  
Neutral  
Un poco  
Nada

Volante de Riesgos para la Salud

Le hemos estado haciendo muchas preguntas. Ahora nos gustaría compartir con usted información que la mayoría de las personas no saben. Y es que los químicos de los productos para la limpieza pueden ser perjudiciales para su salud. Le voy a mostrar este volante double el volante para que vea la información de arriba; asegúrese que le muestra los dibujos y lea los problemas de salud que causan los productos peligrosos.

Escuche si tiene comentarios y tome nota.

Respirar los gases del blanqueador puede causar problemas de salud. Muestrele los dibujos.

Escuche si tiene comentarios y tome nota.

¿Alguna vez ha oído que estos problemas de salud le hayan ocurrido a una persona que usted conoce?

Escuche con atención, muestre interés y asegúrese que toma nota de los comentarios para que utilice la información cuando llegue a la sección (Cuando usted este “teaching”).

¿Qué piensa de esto?

¿Porque cree que la gente sigue usando blanqueador o limpiadores perjudiciales si ya han tenido problemas de salud?

Escuche y Este de acuerdo con el participante sobre el hecho de que es bueno tener un hogar limpio o eliminar los gérmenes o lo que la/el participante diga.

En este momento es donde usa los comentarios que el participante haya hecho para ayudar a eliminar las barreras para que deje de usar productos peligrosos.
una cosa que puede hacer para que ya no le ardan las manos (comentario que hizo la participante) es dejar de usar blanqueador

¿Se preguntará: Cómo puedo comprar un producto de limpieza que sea más seguro para mi familia y para mí? Nosotras le vamos a enseñar como; pero antes, ¿Nos permite ver los productos que usa paralimpiar la cocina, el baño y los pisos?

Mientras una de las entrenadoras va con la/el participante por los productos, la otra prepara la mesa con todo lo necesario (volantes, etiquetas de danger, warning, etc.) Cuando regresan con los productos, las dos los empiezan a organizarlos

Estamos organizando los productos de acuerdo al nivel de peligro. Veamos si alguno de estos productos que usa pueden ser peligrosos para su salud y la de su familia. Del más al menos peligroso.

Leyendo las etiquetas y buscando estas palabras DANGER, WARNING, CAUTION determinan el nivel de peligro de los productos.

DANGER significa Peligro

POISON significa Veneno.

Estas palabras le indican que este producto es muy peligroso (muéstrela “label/etiqueta” con la palabra correspondiente)

CAUTION significa precaucion

WARNING significa advertencia

Si usted mira las palabras CAUTION o WARNING significa que el producto es algo peligroso. (Muéstrela la etiqueta con la palabra)

Y si no ve ninguna de estas palabras el producto es lo suficientemente seguro

Y si ve uno de estos dos logos ese es el producto más seguro. (Muéstrela la etiqueta con los logos)

La ley exige que estas palabras estén en las etiquetas los productos para la limpieza del hogar que pudieran ser peligrosos, pero la mayoría de las personas no conoce estas palabras. Es por eso que le dejaremos esta tarjeta, para que la use como una guía cuando quiera comprar un producto para la limpieza del hogar. Esta guía le ayudará a comprar productos más seguros.

Muéstrela la tarjeta Cómo Comprar productos más seguros (How Can I Buy Safer card) y entregueselas para que se queden con ella.
Nosotras contamos cuantos productos peligrosos tiene el participante y le decimos
Usted tiene # productos peligrosos que pueden ser peligrosos para usted y su familia. Que piensa de eso?

Escuche con atención y tome nota porque lo que la/el participante diga/comente usted lo usará para usarlo en la siguiente actividad.

Nota: Si ninguno de los productos del participante tiene CAUTION, WARNING, DANGER or POISON, Más tarde animaremos al participante para que use un producto que tenga el logo de más seguro (Safer Choice logo), o para que utilice recetas con productos mas seguros para limpiar.

Hoy le vamos a mostrar productos y formas más seguras para limpiar su hogar que con los productos peligrosos que ha estado usando. Le mostramos los productos que ya clasificamos.

Una cosa que usted puede hacer para evitar/eliminar, prevenir (use los comentarios que la/el participante hizo anteriormente sobre productos de limpieza peligrosos; por ejemplo que matan los gérmenes, que limpian rápido, o que al niño de la comadre le dio asma; que la sobrina tiene dermatitis, etc, según lo que haya dicho la/el participante) es elaborar productos más seguros para la limpieza.

Por eso le trajimos esta cubeta con productos más seguros para la limpieza y le decimos, Mostrándole la cubeta y sacando los productos

Probablemente ya ha visto la mayoría de estos productos antes, pero tal vez no sabía que al usarlos juntos le ayudan a limpiar de una manera más segura. Saque los productos de la cubeta y lea lo siguiente de cada producto:

- Bicarbonato – Talla, friega, raspa bien
- Vinagre – ayuda a cortar la grasa y el olor desaparece después de que se seca.
- Jabón para platos – ayuda a levantar la suciedad de las superficies
- Esponja para fregar – ayuda a tallar la suciedad/mugre
- Botella para spray – para cuando haga usted sus productos para la limpieza
- Toalla de Microfibra de alta calidad – Esta toalla de microfibra de alta calidad levanta un 99% de bacterias sin necesidad de usar productos químicos peligrosos para la salud.
  - Muestre la etiqueta
  - Cuando usted limpie las superficies, las pequeñas fibras levantan los gérmenes, con esta microfibra los gérmenes se van por el desagüe cuando usted lava la toalla y de esta manera no hay necesidad de utilizar productos químicos peligrosos para limpiar.

La limpieza más segura empieza al preparar sus productos.

Aquí empieza la sección de Productos más seguros-Haga sus productos más seguros para la limpieza.

¿Quiere tratar de hacer un limpiador más seguro que haga el trabajo de los limpiadores peligrosos que usted está usando?
Muéstrela la tarjeta de las recetas y señale cual receta hará el trabajo de uno de los limpiadores peligrosos que usted encontró en la casa de/la participante.

¿Cuál de estas recetas le gustaría probar?

El participante selecciona los productos para la limpieza de acuerdo con la receta, los mezcla y con la asistencia de las entrenadoras procede a limpiar el área que seleccionó. Si la receta incluye vinagre, mencione que el olor del vinagre desaparece cuando se seca.

¿Qué le parece?

La persona que toma las notas escribe los comentarios de la participante

¿Quiere tratar de hacer otra receta? (Se repite el mismo paso anterior.)

Otra manera de hacer la limpieza más segura es usando un producto para limpieza menos peligroso. Trajimos uno con nosotros hoy. Se llama ECOS. Es un limpiador multi usos en aerosol.

Muestre el aerosol multi usos ECOS

Use la tarjeta Como Puedo Comprar, y muéstrela el logo que indica que este es un producto "más seguro"

Juntas vuelvan a ver los productos peligrosos que recolectaron para encontrar los productos que usa y pregúntele:

¿Le gustaría que usáramos ahorita este spray multi usos en lugar de estos productos peligrosos que usted estaba usando? (Le señalamos los productos peligrosos que tiene y pidale al participante que trate el limpiador mas seguro en una de las áreas que limpiaba antes con el limpiador peligroso).

Permita que el participante pruebe el limpiador en aerosol multi usos para limpiar uno de los lugares donde usaba un limpiador peligroso.

Si desea comprar este spray multiusos marca ECOS, esta disponible en Fred Meyer, WinCo (Kent), QFC y PCC. También puede ordenarlo en línea. Los precios varían desde $2.48 hasta $4.49 y viene en dos diferentes fragancias.

La Promesa

Hemos practicado la limpieza de dos maneras diferentes y más seguras: Elaborando sus productos más seguros, o usando este limpiador de uso múltiple ECOS.

La razón para desarrollar un hábito de limpieza más seguro esta aquí en este folleto. El uso de limpiadores peligrosos puede perjudicar la salud de usted y la de su familia.
Sabiendo todo lo que sabe ahora, ¿Le gustaría tratar de hacer un hábito para la limpieza con productos más seguros?

¿Qué acción segura para la limpieza le gustaría tratar para convertirla en un hábito? – Le gustaria hacer sus productos para la limpieza con ingredientes que ya tiene en casa o usar el spray multiusos ECOS que puede comprar en la tienda?

Permítale que elija qué tipo de producto para la limpieza más seguro que va a utilizar para convertirlo en un hábito.

¿Estaría dispuesto(a) a firmar esta promesa para que le ayude a recordar que tiene que usar productos más seguros para la limpieza, en lugar de productos peligrosos que estaba usando? (le señalamos los productos peligrosos que ha estado usando)

Usted no está obligado(a) a firmar la promesa, esta promesa es solo para usted, para que le sirva como recordatorio y se quedará aquí en su casa.

Si el participante dice que sí, deje que llene la promesa y ayúdelo si tiene preguntas.

¿Qué producto peligroso de estos que tiene aquí (le señalamos los productos peligrosos que ha estado usando)- tratará de no usar durante dos meses?

No preguntas esto, pero marque aquí si dicen que quieren reemplazar todos los productos peligrosos con estos productos más seguros.

Si dicen que quieren reemplazar todos sus productos peligrosos, diga ¡¡¡Felicidades!!! Nos da mucho gusto saber que va a reemplazar todos sus productos peligrosos con estos productos más seguros (apuntando al cubo); pero para esta pregunta necesitamos que elija uno de estos productos que va a reemplazar para limpiar con este productos más seguros. La razón es porque en dos meses un representante de Sea Mar le llamará para preguntarle sobre el éxito que ha tenido limpiado esa área con estos productos más seguros.

¿Cuál de estas recetas or multiusos ECOS le gustaría probar en lugar de _______ producto peligrosos que estaba usando?

Donde?, Que superficie?

Dejen que la/el participante escriba su respuesta. Las entrenadoras documentan que completo la promesa y que se comprometio a:____________.

Pregúntele si quiere el Iman para que ponga su promesa en un lugar donde la vean para que le recuerde que se ha comprometido a usar productos más seguros para la limpieza.
¡Muchas gracias por tratar de hacer de la limpieza más segura un hábito durante los siguientes dos meses!

Si recibirán una llamada de seguimiento de 7 días, le diremos: Le llamaremos de 7 a 10 días para ver si tiene alguna pregunta.

Un empleado de Sea Mar se comunicará con usted durante los siguientes dos meses para ver su progreso en el uso de sus productos más saludables para la limpieza.

_Pregunte si tienen tiempo para responder a la información demográfica, recuerdeles que esta información es anónima y confidencial._

**Información Demográfica**

El Departamento de Salud Pública del condado de King (King County Public Health) quiere asegurarse que atendemos a todas las comunidades en el condado de King. Por eso requieren que le pidamos a los participantes su información demográfica. Esta información es independiente de nuestra visita y no aparecerá como parte de este entrenamiento. Quiere responder las preguntas. Son solo 10 y son rápidas.

_Si nos dice que Si, le decimos: ¿Tiene alguna pregunta antes de que comencemos?_

**Preguntas Demográficas**

1. Ciudad de participante
2. Zona Postal _______________
3. ¿Cuál es su país de origen?
4. ¿Cuál es su edad? _____ años
5. Cuál es su género?
   _Interviewer: You do not need to ask this question, simply mark based on your best judgement._
   - Femenino
   - Masculino
   - No quiero contestar
   - Otro identidad de género (por favor indique) : ___________________
6. ¿Cuántas personas viven en su casa, incluyéndose usted?
   - ___________
7. ¿Cuida regularmente a los niños de otras personas menores de 6 años en su casa?
   - Sí
   - No
   - No quiero contestar
8. ¿Quién limpia la casa la mayor parte del tiempo? (Marque todos los que apliquen)
   - Yo
   - Mi pareja/mi esposo(a)
   - Mi/mis niño(n)/niña(s)
9 ¿Quién compra los productos de limpieza la mayor parte del tiempo?

- Yo
- Mi pareja/mi esposo(a)
- Mi hijo(a)
- Otra persona que vive in la casa (compañero(a) de cuarto, padre, etc.
- Otro

Muchas gracias por su tiempo y cooperación. Un empleado de Sea Mar se comunicara con usted durante los siguientes dos meses para ver su progreso en el uso de sus productos más saludables para la limpieza. 
Appendix C:
Logic model to promote safer cleaning practices in in-home training
**Cleaning for Health –Logic Model**

<table>
<thead>
<tr>
<th><strong>INPUTS</strong></th>
<th><strong>OUTPUTS</strong></th>
<th><strong>OUTCOME</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Participants</strong></td>
<td><strong>Activities</strong></td>
<td><strong>Direct Products</strong></td>
</tr>
<tr>
<td><strong>What we invest</strong></td>
<td><strong>What we do</strong></td>
<td><strong>What we create</strong></td>
</tr>
<tr>
<td>Staff time, subject matter expertise, training, Graphics, Research-based information</td>
<td>Prepare Training modules</td>
<td>Training module produced</td>
</tr>
<tr>
<td>Financial Resources (Community Services Agreement)</td>
<td>Conduct training for in-home visits/demonstrations of safer cleaning</td>
<td># of trained interviewers</td>
</tr>
<tr>
<td>Informational handouts and materials (safer cleaning kit, all purpose spray) to raise awareness and increase self-efficacy.</td>
<td>Create and distribute flyers: health risk, recipe card and how to buy a safer household product.</td>
<td># of flyers, all-purpose spray and cleaning kits distributed</td>
</tr>
<tr>
<td></td>
<td>Create and distribute cleaning kits</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Conduct in-home visits &amp; demonstrations</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prepare and introduce pledge form</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Conduct 7-10 days follow up call</td>
<td></td>
</tr>
<tr>
<td><strong>Who we reach</strong></td>
<td><strong>Results in terms of Learning</strong></td>
<td><strong>Results in terms of Action</strong></td>
</tr>
<tr>
<td>Community members – Spanish speakers who live in Kent and Burien</td>
<td>Increased knowledge on the risk of residential cleaning chemical exposures</td>
<td>Increased self-efficacy in the use of safer cleaning recipes and products</td>
</tr>
<tr>
<td></td>
<td>Increased awareness of safer cleaning practices</td>
<td>Reduced barriers to safer cleaning</td>
</tr>
<tr>
<td><strong>Results in terms of changing behavior</strong></td>
<td>At least five percent of participants change their behavior from using a hazardous cleaner to using a safer cleaner which is defined as: making and using a recipe from the card and/or using the ECOS all-purpose spray.</td>
<td></td>
</tr>
</tbody>
</table>
Appendix D:
Health flyer/pledge;
How can I buy a safer product;
Recipe card: English and Spanish
Breathing fumes from bleach can increase your chance of asthma.

Other health problems include:

- Dermatitis and other skin problems
- Eye irritation
- Headaches

Some cleaners, especially ammonia and bleach, form a toxic gas when mixed.

Take the Pledge to Use Safer Cleaners

Caring for your family is in your hands. Buying safer cleaners or making your own using ingredients in your kitchen (white vinegar, baking soda, and dish soap) is a simple way to help keep your family safe from harmful chemicals.

I, ____________ , commit to using ___________ instead of ____________ on ___________ for the next two months.

(.first name)                           (recipe/safer cleaner)             (toxic cleaner)           (where)

___________________________                                                                          ________________________

Signature                     Date

Alternative formats available

206-263-1650 TTY Relay: 711
Algunos limpiadores, especialmente el amoníaco y el blanqueador forman un gas tóxico cuando se mezclan.

Respirar los gases del blanqueador puede aumentar su probabilidad de tener asma.

Otros problemas de salud incluyen:

- Dermatitis y otros problemas de la piel
- Irritación de sus ojos
- Dolores de cabeza

Algunos Limpiadores Pueden Dañar la Salud de su Familia

Respirar los gases del blanqueador puede aumentar su probabilidad de tener asma.

Otros problemas de salud incluyen:

- Dermatitis y otros problemas de la piel
- Irritación de sus ojos
- Dolores de cabeza

Haga el Compromiso de Usar Limpiadores más Seguros

El cuidado de tu familia está en sus manos. Comprar limpiadores más seguros o hacer los suyos usando ingredientes en su cocina (vinagre blanco, bicarbonato y jabón para la los platos) es una manera simple de mantener a su familia a salvo de químicos que son dañinos.

Yo, _________ me comprometo a usar _________ en lugar del _________ en _________ durante los siguientes dos meses.

(Nombre)                 (una receta/un limpiador más seguro)   (limpiador)          (lugar)

___________________________                                                                          ________________________
Firma                            Fecha
HOW CAN I BUY A HOUSEHOLD PRODUCT THAT IS SAFER FOR MY FAMILY?

Safest

Find a product with these logos on the front or back.

Read the product label. Product that does NOT have the words CAUTION, WARNING, DANGER or POISON.

Read the product label. Product with the words CAUTION or WARNING.

Read the product label. Product with the words DANGER & POISON. It is the most harmful for you and your family.

Questions? Call the HazLine at 206-296-4692 or visit HazWasteHelp.org

Available in alternative formats. Please call 206-296-4692 or TTY: 711
¿Cómo puedo comprar productos para el hogar más seguros para mi familia?

Más seguro
Encuentra un producto con estos logos en cualquiera de los dos lados de la etiqueta.

Lee la etiqueta. El producto NO tiene las palabras: CAUTION (precaución), WARNING (advertencia), DANGER (peligro) o POISON (veneno).

Suficientemente seguro
Lee la etiqueta. El producto tiene las palabras: CAUTION (precaución) o WARNING (advertencia).

Algo peligroso
Lee la etiqueta. El producto tiene las palabras: DANGER (peligro) y POISON (veneno).

El más peligroso – evítalo
Lee la etiqueta. El producto tiene las palabras: DANGER (peligro) y POISON (veneno). Es el más peligroso para ti y tu familia.

Si tienes preguntas, llama a la línea de servicio al cliente 206-296-4692 o visita HazWasteHelp.org
Medios de comunicación alternativos disponibles: 206-296-4692 o TTY: 711.

190214_9254w_buy Safe fly SPANISH.ai LHWMP_0278 rev. 2/2019
6 Effective Recipes for Your Safer Cleaning Kit

Keep your family safer and save money by making cleaners with ingredients you already have at home.

**Floor Cleaner**

1. Mix 1 tablespoon liquid dish soap with 1 gallon warm water.
2. Mop with solution.

**Drain Cleaner**

1. Pour 1/2 cup baking soda into the drain. Let it sit for a few minutes.
2. Pour 1/2 cup vinegar* into the drain. Let it sit for a few minutes.
3. Repeat if needed.

**Toilet Bowl Cleaner**

2. Scrub with toilet brush.
3. Rinse.

**Tub & Sink Cleaner**

1. Sprinkle of baking soda into the tub or sink. Add sprinkles of water and 2-3 drops of liquid dish soap.
2. Scrub with sponge.
3. Rinse.

**Window & Mirror Cleaner**

1. Mix 1/2 cup vinegar* with water in a spray bottle.
2. Fill bottle to top with water.
3. Spray and rub with a lint-free cloth or newspaper.

**Counter Cleaner**

1. Mix 1 cup water with 1 teaspoon liquid dish soap in a spray bottle.
2. Spray counters and wipe with microfiber cloth.
3. Rinse cloth with hot water or put in washing machine, air dry.

* Vinegar smell goes away once dry.

**Note:** Adjust recipe depending on liquid dish soap you use.

**Note:** Not for use on painted surfaces.
Drain cleaner
see other side for recipe

Floor cleaner
see other side for recipe

Tub & sink cleaner
see other side for recipe

Toilet bowl cleaner
see other side for recipe

Kitchen & bathroom counter cleaner
see other side for recipe

Window & mirror cleaner
see other side for recipe

For more safe cleaning ideas visit www.hazwastehelp.org or call 206-296-4692

Available in alternate formats. Please call 206-296-4692 or TTY: 711.
**6 recetas efectivas y seguras para la limpieza del hogar**

Mantén a tu familia más segura y ahorra dinero al hacer limpiadores con ingredientes que ya tienes en la casa.

### Limpiador de pisos

1. mezcla 1 cucharada de jabón líquido para platos + 1 galón de agua tibia = cubeta
2. trapea con la solución

* Nota: ajustar la receta dependiendo de la cantidad de jabón utilizado.

* El olor del vinagre desaparece al secarse.

### Limpiador de cañerías

1. vierte 1/2 taza de bicarbonato de sodio en la cañería
2. vierte vinagre blanco* en la cañería
3. espera unos minutos
4. vierte agua hirviendo en la cañería
5. repite si es necesario

* El olor del vinagre desaparece al secarse.

### Limpiador de inodoros

1. espolvorea bicarbonato de sodio en el inodoro
2. 2-3 gotas de jabón líquido para platos en el inodoro
3. talla con el cepillo de inodoro
4. baja la palanca del inodoro

### Limpiador de bañeras y lavabos

1. espolvorea bicarbonato de sodio en superficies y accesorios
2. unas gotas de agua en superficies y accesorios
3. enjuaga

### Limpiador de ventanas/espejos

1. 1/2 taza de vinagre blanco* en un recipiente
2. botella con spray llenada con el vinagre
3. rocía y frota con una toallita de microfibra o papel periódico

* El olor del vinagre desaparece al secarse.

### Limpiador de superficies

1. 1 taza de agua en una botella con spray
2. 1 cucharadita de jabón líquido para platos
3. enjuaga la toallita con agua caliente o ponla en la lavadora; cuégala para secar

* Nota: no usar en superficies pintadas.
**Limpiador de cañerías**
Al reverso encontrarás la receta

**Limpiador de pisos**
Al reverso encontrarás la receta

**Limpiador de bañeras y lavabos**
Al reverso encontrarás la receta

**Limpiador de inodoros**
Al reverso encontrarás la receta

**Limpiador de superficies de cocina y baño**
Al reverso encontrarás la receta

**Limpiador de ventanas/espejos**
Al reverso encontrarás la receta

Para más ideas sobre limpieza segura, visita www.hazwastehelp.org o llama al 206-296-4692.

Medios de comunicación alternativos disponibles: 206-296-4692. TTY Relay: 711.
Appendix E:
Script: Screening participants for training: English and Spanish
I am ________ from Sea Mar Good Morning/Good Afternoon. We are looking for people interested in learning about safer products cleaning products for the home. In collaboration with Seattle-King County Public Health Sea Mar is training residents in King County about safer cleaning products to clean the home.

Would you be interested in having a demonstration in your home completely free? from a person who was trained by Public Health on how to make and use safer cleaners. The goal is to keep your family healthy. We will do the training in your home at your convenience and it should last about an hour. We will provide you with a safer cleaning kit as a gift for you which is valued at $48. Is this something you would be interested in?

If yes: Before we schedule an appointment, I do have a few questions to ask:

1) Do you do most of the cleaning in your home?
2) Do you use clorox or bleach in your cleaning products to clean your kitchen or bathroom. or products that contain bleach/clorox?

If participant answers NO to question 1 – 2 then they are disqualified. Say “Thank you for your time but we are looking If they answer “yes” then continue

3) Have you ever been a King County “Green cleaning” Ambassador in your community?
4) Have you participated in any in-person interviews or telephone surveys about toxic cleaning products in the past year?
5) Have you seen or been asked to give your opinion about any educational flyers about toxic cleaning products?

If participant answer YES to questions 3 – 5, they are disqualified. You say:

Thank you so much for your time, but unfortunately we are unable to include you in our project because you have already participated in another local project, and should already be receiving information about safer cleaning.

If participant answers NO to the above three questions, continue to schedule the appointment. If they are not interested in scheduling an appointment

If their response is something like “I don’t want the government in my home,” – use these talking points:

- Sea Mar staff will be doing the training. Your name or any other personal information will not be included as part of this demonstration/training in
any report we write or in any information we send to Public Health.

- Occasionally Public Health staff may join us to observe we are doing
  the presentations correctly, but if you do not want them to come with
  us they will not come

If yes, schedule visit.

If they still say no, thank them for their time. and ask: Could you recommend a
person who needs this demonstration to learn how to prevent health problems
caused by some chemicals found in cleaning products?
Soy ______ de la clínica Sea Mar, buenas tardes. Le estoy llamando a personas que estén interesadas en aprender sobre los productos saludables para la limpieza de la casa Sea Mar en colaboración con el Departamento de Salud Pública está entrenando a los residentes condado de King para que sepan el peligro que representan los químicos de los productos para la limpieza del hogar y para que aprendan a usar o productos menos peligrosos.

Nos permitiría que le hagamos una demostración completamente gratis? Iremos a su casa para enseñarle a hacer productos para la limpieza menos peligrosos para la limpieza. Estos productos le ayudaran a que usted y a su familia a prevenir problemas de salud tales como asma, dolores de cabeza, problemas de la piel, etc. Causados por los químicos de algunos productos para la limpieza.

Durante la visita le entregaremos todos los productos saludables que vamos a utilizar durante la demostración. Estaría interesada/o?

Sí_____. Antes de programar una cita, tengo algunas preguntas que hacerle:

1. ¿Quién hace la mayor parte de la limpieza de su casa?
2. Usa cloro o blanqueador para limpiar su cocina o baño, o algún producto que contenga cloro o blanqueador?

Si el participante responde NO a las preguntas 1-2, entonces les decimos. Muchas gracias. Felicidades por no usar cloro o blanqueador o ningún producto que lo contenga. Esta demostración es para personas que usan cloro. Muchas gracias por su tiempo y por hablar conmigo el día de hoy. Conoce alguna persona que se beneficiaría de este entrenamiento y nos la podría recomendar? Que tenga buen día.

3. ¿Alguna vez ha sido Facilitador de "limpieza ecológica" del Condado de King en su comunidad?
4. ¿Ha participado en alguna entrevista en persona o por teléfono sobre productos de limpieza tóxicos en el último año?
5. ¿Le han pedido su opinión sobre volantes educativos de productos para limpieza tóxicos o ha estado presente mientras alguien fue entrevistado?

Si el participante responde SÍ a las preguntas 3 a 5, quedarán descalificados. Se les dice lo siguiente:
Muchas gracias por su tiempo, No podemos incluirlo en nuestro proyecto porque estamos buscando a personas que no hayan participado en estos proyectos. Conoce alguna persona que se beneficiaría de este entrenamiento y nos la podría recomendar? Que tenga buen día!

** Si el participante contestó NO a las tres preguntas anteriores, programe la cita.

Si el prospecto dice que No._____, La entrenadora dice: Me podría decir que le impide participar, me gustaría saber si tiene dudas o preguntas que le pueda contestar.
[Las entrenadoras se ajustaran al horario del prospecto (a)].

Que digan que sí. Podemos hacer el entrenamiento con tus hijos en la casa; Podemos programar la visita cuando sea conveniente para usted, incluso los fines de semana.

Si su respuesta es algo como "No quiero al gobierno en mi casa", use estos puntos de conversación:

• El personal de Sea Mar es quien hará los entrenamientos. Su nombre e información personal no se incluirán como parte de este entrenamiento.
• En ocasiones vendrán las personas que nos supervisan del Departamento de Salud Pública para asegurarse que estamos haciendo bien el entrenamiento. En caso de que usted no esté de acuerdo que vengan a supervisarnos a su casa, no vendrán.

Si todavía dicen que no, dígales: Muchas gracias por su tiempo; lo agradecemos infinitamente. Conoce alguna persona que se beneficiaría de este entrenamiento? Nos podría recomendar alguna persona que necesite este entrenamiento?
Appendix F:
Seven- to ten-day follow up call;
Two-month evaluation call: English & Spanish
7-day follow up phone call script - English

Hi this is ___________ from Sea Mar. I’m calling about the visit I had with you last week. Thank you so much for the pledge you signed to use safer cleaners.

I wanted to follow up with you to share information about our visit and see if you had any questions about the training last week. This will take about 5 minutes. Is this a good time to talk?

You may recall we shared with you a flyer that said some cleaners can harm your family’s health. We gave you a magnet to put it on your refrigerator. Does that sound familiar? We talked about:

- Breathing fumes or gases from bleach can increase your chance of asthma.
- Bleach can also cause skin problems, eye irritation and headaches.
- Some cleaners, especially bleach and ammonia, form a toxic gas when mixed. Do have any questions about the health concerns that cleaning products can cause?

We also shared information about how you could buy a household product that is safer for your family by looking for words on the label. We practiced by looking for these words on products from your home: And we left you a card with the same information, with smiling and frowning faces, and drawings of products.

- If a product has the English words DANGER or POISON on the label it is the most harmful
- If a product has the English words CAUTION or WARNING on the label, it is somewhat harmful.
- If a product has none of these four words CAUTION WARNING DANGER or POISON it is safe enough.
- And, the safest products have the logo “Safer Choice” on the label, like the ECOS products we left with you – the dish soap and the all-purpose spray.

The last thing we asked you was to take a pledge to commit to using (________________name of recipe or All-Purpose spray) instead of (_______________name of cleaner) for two months so you could make using safer cleaner practices a habit.

I wonder how that is going? Do you have any questions about (how to make or use the recipes or how to use the all-purpose spray, depending on what they choose)?

Thank you for taking the time to let me answer your questions and I hope you will continue to make safer cleaning a habit!

NOTE: Refer to 70 Homes FAQs for answers to their questions. If they have questions that are not on this sheet, record the questions and we will get answers for you.
Guía de llamada telefónica de seguimiento de 7 días - Spanish

Hola, soy ___________ de Sea Mar. Llamo por la visita que tuve con usted la semana pasada. Muchas gracias por el compromiso que firmó para usar limpiadores más seguros.

Quería hacer un seguimiento con usted para compartir información sobre nuestra visita y ver si tiene preguntas. Esto llevará unos 5 minutos. ¿Es este un buen momento para hablar?

Como recordara compartimos con usted un folleto que dice que algunos limpiadores pueden dañar la salud de su familia. Le dimos un imán para ponerlo en tu refrigerador. ¿Te suena familiar? Nosotros hablamos acerca de:

- Respirar humos o gases de la lejía puede aumentar su probabilidad de tener asma.
- Hablamos sobre el blanqueador o cloro que puede causar problemas en la piel, irritación de los ojos y dolores de cabeza.
- Algunos limpiadores, especialmente el blanqueador o cloro y el amoníaco, forman un gas tóxico cuando se mezclan. ¿Tiene alguna pregunta sobre los problemas de salud que pueden causar los productos de limpieza?

También compartimos información sobre cómo puede comprar un producto para el hogar que sea más seguro para su familia buscando palabras en la etiqueta. Practicamos buscando estas palabras en productos de su hogar: Y le dejamos una tarjeta con la misma información, con caras sonrientes y con el ceño fruncido, y dibujos de productos.

- Si un producto tiene las palabras en inglés PELIGRO o VENENO en la etiqueta, es la más dañina
- Si un producto tiene las palabras en inglés PRECAUCIÓN o ADVERTENCIA en la etiqueta, es algo perjudicial.
- Si un producto no tiene ninguna de estas cuatro palabras, PRECAUCIÓN ADVERTENCIA PELIGRO o VENENO, es lo suficientemente seguro.
- Y, los productos más seguros tienen el logotipo "Safer Choice" en la etiqueta, como los productos ECOS que dejamos con usted: el jabón para platos y el spray para todo uso.

Lo último que le pedimos fue que se comprometiera a usar (___________ nombre de la receta o aerosol de uso múltiple) en lugar de (___________ nombre de limpiador) durante dos meses para que pueda usar el limpiador más seguro como un hábito.

Me pregunto cómo va eso. ¿Tiene alguna pregunta sobre (cómo preparar o usar las recetas o cómo usar el spray para todo uso, según lo que elijan)?

¡Gracias por tomarse el tiempo para dejarme responder sus preguntas y espero que continúe haciendo de la limpieza un hábito más seguro!
NOTA: Consulte las 70 preguntas frecuentes sobre casas para obtener respuestas a sus preguntas. Si tienen preguntas que no están en esta hoja, anótelas y obtendremos las respuestas para usted.
Hi this is _________ from Sea Mar. I am calling about the visit we made to your home about two months ago to teach you about safer cleaning. Thank you for the pledge you signed to use safer cleaners. Do you have 10 minutes to answer a few questions for us?

1. How likely do you think it is that some home cleaning products could harm you?
   - Very likely
   - Somewhat Likely
   - Neutral
   - Somewhat Unlikely
   - Very Unlikely

2. Cleaning with bleach can increase the risk of skin problems.
   - True
   - False
   - I do not know

3. Breathing fumes from bleach can increase your chance of getting asthma.
   - True
   - False
   - I do not know

4. Mixing cleaning products can form a toxic gas.
   - True
   - False
   - I do not know

5. What is your opinion about products like dish soap, vinegar, baking soda or microfiber cloths that some people use to clean. (Check all that apply).
   - Don’t smell good
   - Are good for health
   - Don’t clean well
   - Are expensive
   - Take more time to clean with
   - Clean well
   - Are not available in the market
   - Other

6. What is your opinion about safer cleaning products you can buy in the store (Check all that apply.)
   - Don’t smell good
   - Don’t clean well
   - Are expensive
   - Take more time to clean with
   - Are Good for your health
   - Clean well
   - Are Not available in the market

7. Have you heard of ECOS all-purpose spray? If no, go to question 10
   - Yes
   - No

8. If yes, ask I use ECOS all-purpose spray to clean my home.
   - Yes
   - No

9. How much do you agree with this statement: I am confident that I can use ECOS spray to clean my home.
Strongly agree    Agree    Neutral    Disagree    Strongly disagree

Now I am going to ask you some questions about how you choose cleaners for your home. How much do you agree with these statements:

10. I can easily identify a cleaning product that can harm my family and me.
   Strongly agree    Agree    Neutral    Disagree    Strongly disagree

11. I know how to make a cleaning product using a recipe.
   Strongly agree    Agree    Neutral    Disagree    Strongly disagree

12. Making cleaning products at home is worth my time.
   Strongly agree    Agree    Neutral    Disagree    Strongly disagree

13. I believe making and using cleaning products made from a recipe is safer for my family and me.
   Strongly agree    Agree    Neutral    Disagree    Strongly disagree

14. I am confident I can make my own cleaning products to clean my home.
   Strongly agree    Agree    Neutral    Disagree    Strongly disagree

15. How likely are you to make your own cleaning products?
   Very likely   Somewhat Likely   Neutral   Somewhat Unlikely   Very Unlikely

16. The follow-up call I got about a week after the visit was helpful. (only for those people who got a follow up call)
   Strongly agree    Agree    Neutral    Disagree    Strongly disagree

17. What cleaning product do you use to clean your ______________  (insert what they said on their pledge).
   Comment box

18. Do you use the cleaning products we left with you to clean other places in your home?
   Yes               No               Sometimes (Frequency)

19. Did you share the information with other friends or family or others?
   Yes               No               Comment Box

Thank you for taking the time to let me ask you questions and (if appropriate) I hope you will continue to make safer cleaning a habit!
Script: Two-month evaluation call – Spanish

1. ¿Cuánto cree usted que algunos productos para la limpieza de su hogar puedan ser dañinos?
   
   Mucho
   Algo
   Neutral
   un poco
   Nada

2. La limpieza con blanqueador puede aumentar el riesgo de problemas de la piel.
   
   Verdadero
   Falso
   No se

3. Respirar los gases del blanqueador puede aumentar la probabilidad de enfermarse/contraer asma.
   
   Verdadero
   Falso
   No se

   
   Verdadero
   Falso
   No se

5. Ahora le vamos a pedir su opinión sobre productos como el vinagre, bicarbonato, toalla de microfibra, etc, que algunas personas usan para limpiar su casa.
   
   No huelen bien
   No limpian bien
   Son Caros
   Toman más tiempo para limpiar
   Son Buenos para la salud
   Limpian bien
   No están disponibles en tiendas

6. Díganos su opinión sobre productos más seguros para la limpieza que venden en las tiendas
   
   No huele bien
   Son Buenos para la salud
   No limpia bien
   Son Caros
   Toma más tiempo para limpiar
   Limpia bien
No está disponible en el mercado
No se

7. Ha oído hablar de ECOS? Es un producto multi usos en spray
   Si___
   No___ Si contesto No, pamos a la pregunta 8

Si contestó si, pregúntele lo siguiente:

8. Usa ECOS multi usos en spray para limpiar su hogar/casa?
   Si___ No___

Si contestó que sí pregúntele que tan de acuerdo está con la siguiente frase:

9. Tengo la certeza de que uso el limpiador multi usos ECOS en spray para limpiar mi casa/hogar.

   Muy De acuerdo
   De acuerdo
   Neutral
   en Desacuerdo
   Muy en desacuerdo

Ahora le voy a hacer algunas preguntas sobre como selecciona los productos para la limpieza de su casa y que tan de acuerdo está con las siguientes frases:

10. ¿Puedo identificar fácilmente un producto para la limpieza que pueda dañarme a mi o a mi familia.
    Muy De acuerdo
    De acuerdo
    Neutral
    en Desacuerdo
    Muy en desacuerdo

11. Se como hacer productos para la limpieza usando una receta.
    Muy De acuerdo
    De acuerdo
    Neutral
    en Desacuerdo
    Muy en desacuerdo

12. Creo que vale la pena el tiempo que invierte en hacer mis productos para la limpieza de mi hogar.
    Muy De acuerdo
    De acuerdo
    Neutral
en Desacuerdo
Muy en desacuerdo

13. Creo que hacer mis productos para la limpieza usando una receta es más saludable para mi y para mi familia.
Muy De acuerdo
De acuerdo
Neutral
en Desacuerdo
Muy en desacuerdo

14. Tengo la certeza de que puedo hacer los productos para la limpieza de mi hogar.
Muy De acuerdo
De acuerdo
Neutral
en Desacuerdo
Muy en desacuerdo

15. ¿Qué posibilidades hay de que usted haga sus productos para la limpieza de su hogar?
Muchas
Algo
Neutral
Un poco
Nada