

# THANK YOU

I know teachers like you bend over backwards for the well-being of your students. **Thank you.** It matters so much to me and my child. Which is why I thought you would be interested in learning more about quaternary ammonium compounds, or "quats".

**Quats are pesticides.** Quats are commonly found in products marketed as "antibacterial" like many disinfecting wipes (Clorox or Lysol wipes) and sprays. Quat exposure is linked to:

- asthma
- allergies
- the spread of "superbugs" (anti-bacterial resistant bacteria)

The FDA is currently considering **banning** some of the most widely used **quats**, due to a lack of available data to assure the safety and effectiveness of these chemicals.

## AVOIDING QUATS

Quitting quats doesn't mean dirtier classrooms or sicker kids! ON THE CONTRARY!

Simple ways to help **protect your students from quats** in the classroom:

- Read labels and avoid disinfectants with active ingredients that include "...**onium chloride**" in their names (like Benzalkonium **chloride**). These are quats.
- Use disinfectants sparingly - usually a wet paper towel, or a baby-wipe is all that's needed for cleaning up a mess.
- If needed, use safer disinfecting wipes like those with hydrogen peroxide, lactic acid or thymol.
- Never let children handle disinfecting wipes.
- And finally, stick to the classics: Encourage frequent hand washing.

**NOTE:** There is no evidence that shows using disinfecting wipes, sprays, or antibacterial soaps are any more effective at preventing illness in the classroom than washing with plain soap and water.

# HERE'S TO A HEALTHY YEAR!

welcome back



## WANT MORE INFORMATION?

Additional resources, references, EPA certified Safer Choices, and various State Department guidelines and tips for disinfectant use in classrooms can be found at: [www.womensvoices.org/quats](http://www.womensvoices.org/quats)

THANK YOU again for all that you do to care for your students! *Wishing you a heartfelt healthy & happy school year*

