



# WHAT YOU CAN DO RIGHT NOW

## #QUITQUATS

Quats are commonly found in products marketed as "antibacterial", like antibacterial soaps and Clorox/Lysol disinfecting wipes and sprays. Quats are pesticides. They are asthma triggers, allergens, and are linked to other respiratory and reproductive harms. Quitting quats doesn't mean dirtier schools or sicker kids. In fact, there is currently no evidence that shows using disinfecting wipes, spray or antibacterial soaps at home or in the classroom are any more effective than washing with soap and water!

### FOR GUARDIANS:

- Share your story
- Download our "Thank You Teacher" card ([bit.ly/TTCards](http://bit.ly/TTCards))
- Join our Parents Against QUATS (PAQ) group ([bit.ly/JoinPAQ](http://bit.ly/JoinPAQ))
- Download, print, and share this flyer with other parents
- Start the conversation with your school and teachers about QUATS in cleaning products by downloading our admin letter ([bit.ly/QUATSAdminLetter](http://bit.ly/QUATSAdminLetter))

### FOR TEACHERS:

- Share your story
- Add QUATS-free products to your back-to-school shopping list ([bit.ly/SSupplyList](http://bit.ly/SSupplyList))
- Add microfiber cloths as an alternative to your back-to-school shopping list ([bit.ly/AltClean](http://bit.ly/AltClean))
- Start the conversation with your school and parents about QUATS in cleaning products & how to avoid them



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## GROCERY LIST:

Commonly found quats in household products usually include "...onium chloride" in their names. Read labels and keep this handy list with you to help avoid some of the most commonly used quats:

- BENZALKONIUM CHLORIDE
- BENZETHONIUM CHLORIDE
- ALKYL DIMETHYL BENZYL AMMONIUM CHLORIDES (C12-16)
- ALKYL DIMETHYL BENZYL AMMONIUM CHLORIDE (C14 60%, C16 30%, C12 5%, C18 5%)
- ALKYL DIMETHYL ETHYLBENZYL AMMONIUM CHLORIDE (C12-14)
- ALKYL DIMETHYL ETHYLBENZYL AMMONIUM CHLORIDES (C12-18)
- DIDECYLDIMETHYLAMMONIUM CHLORIDE
- DIOCTYLDIMETHYLAMMONIUM CHLORIDE

SHARE.  
INFORM.  
ORGANIZE.

Sign our Clorox Petition ([bit.ly/CloroxPetition](http://bit.ly/CloroxPetition))  
or text VOICES PAQ to 52886



Created by Maria Ignacia  
Miranda Santis