

MANITOBA ADDICTIONS AWARENESS WEEK

Topic:	Home safety tips regarding inhalants
Audience:	Adults
Outcome:	To provide general tips on purchasing items while keeping inhalants in mind.

How to make your home safer

There's a very clear connection between preventing inhalant abuse and saving the environment. Thinking green and shopping green will help keep your house a safer place to live.

Here are some general tips:

- Avoid aerosol sprays! Look for hand pumps or other non-aerosol containers.
- Use baking soda as a scrub cleaner instead of more expensive powdered or liquid cleansers for scrubbing.
- Use warm water with lemon juice or vinegar as an all-purpose cleaner. It's much less expensive than regular household cleaners and cleans equally well.
- Hydrogen peroxide is a greener alternative to disinfectants. Vinegar or lemon juice are also good disinfectants.
- Always buy non-toxic school supplies and household products wherever possible.
- Non-toxic products and other green products are available everywhere. Certain stores in town specialize in green products and have an amazing selection of green products (too numerous to mention here).

REMEMBER!

It's almost impossible to keep all inhalants out of the house. If you have dangerous products in the house, keep them out of reach of children.