

HOW CAN I CLEAN IN A MORE ECO-FRIENDLY WAY?

Structure : ADEME

Difficulté : facile



While our goal is to make our homes healthier, we sometimes achieve the opposite effect by using products that contain and emit toxic, allergenic, irritating, or even corrosive substances. Indoor air is often more polluted than outdoor air, and the substances to which we are exposed therefore pose a major health concern. Some household products are not only bad for your health; they are sometimes also harmful to the environment, particularly when they are discharged into wastewater. At the end of their life cycle, some of them are classified as hazardous waste and must under no circumstances be thrown in the regular trash. But don't panic! Fortunately, adopting the right habits isn't that complicated. Ventilate regularly, follow the correct dosages, avoid harmful mixtures, choose more eco-friendly products, and keep your home well-ventilated: here are a few practices that can help you keep your home clean and healthy, while protecting the planet and the health of everyone living there. And then there are also those tips that have stood the test of time and have lost none of their effectiveness.

Liens

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