

Cleaning with "soap or detergent... removes most types of harmful germs (like viruses, bacteria, parasites, or fungi)". – Centers for Disease Control



Gym patrons should not use disinfectant sprays or wipes

- As commonly used in gyms, disinfectants can harm human health, cost up to hundreds of dollars per month, and do not provide a health benefit
 - Quaternary Ammonium Compounds, common disinfectants, are linked to <u>dermal</u>, <u>respiratory</u>, <u>immune</u>, <u>reproductive</u>, <u>and developmental harms</u>
- To be effective, disinfectants must be applied to a clean surface and left wet for minutes
- A several-minute-long wait between spraying and wiping down equipment is unlikely in gyms
- The overuse of disinfectants can contribute to antimicrobial resistance



Gym patrons should use healthier cleaning products

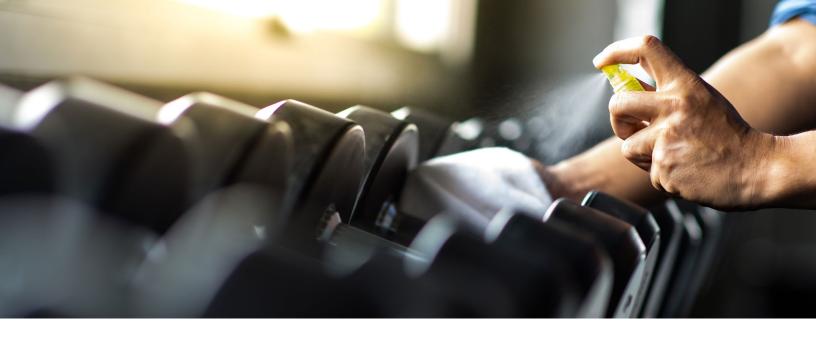
- Soap & water solution
- Safer Choice certified cleaning products

Disinfection should be done by trained staff

- Gyms should follow the Centers for Disease Control guidelines
- Disinfect when there is a risk for disease transmission (e.g., after cleaning-up vomit, blood, etc.)
- Staff should follow the manufacturer's directions and use personal protective equipment when recommended
- If disinfection is necessary use <u>safer active ingredients</u> such as Design for the Environment (DfE) certified safer disinfectants

40,000 gyms in the US could be healthier!





Avoid Products with Quaternary Ammonium Compounds (QACs) including

- benzalkonium chloride
- n-alkyl (C12-18) didecyl dimethyl ammonium chloride
- dimethyl benzyl ammonium chloride
- others often ending with "nium chloride" or similar

ACTIVE IN	IGREDIENTS:	
	methyl ammonium chlorid	
	% C14, 40% C12, 10% C16)	
dimethyl	benzyl ammonium chlorid	e8.190%
OTHER IN	GREDIENTS:	83.106%
TOTAL:		100.000%
/FFD 01 17	OF REACH OF CHILDREN	

References



Centers for Disease Control: When and how to clean and disinfect a facility: https://www.cdc.gov/hygiene/about/when-and-how-to-clean-and-disinfect-a-facility.html

Safer Choice certified cleaning products: https://www.epa.gov/saferchoice/products



Design for the Environment certified disinfectants https://www.epa.gov/pesticide-labels/dfe-certified-disinfectants

Safer disinfectant ingredients identified by the Toxics Use Reduction Institute: https://www.turi.org/TURI_Publications/TURI_Chemical_Fact_Sheets/
Quaternary_Ammonium_Compounds_Fact_Sheet/Alternatives

Quaternary ammonium compounds: A chemical class of emerging concern https://pubs.acs.org/doi/10.1021/acs.est.2c08244

