

NORWEX MOVEMENT = THE NORWEX MISSION IN ACTION

# THE Norwex® MOVEMENT

At [NorwexMovement.com](http://NorwexMovement.com), our members are creating and enjoying a more sustainable world with fewer harmful chemicals. Collectively our small, conscious choices benefit our planet and help ensure a brighter future for everyone.

Join the Movement and learn about all the tools and resources we offer to help you to make an impact!

*Visit [NorwexMovement.com](http://NorwexMovement.com) and click on **Join Us** to start!*

- BI-WEEKLY BLOGS
- SAFE HAVEN HOUSE
- ECO QUIZZES
- CARBON FOOTPRINT CALCULATOR
- KIDS CORNER
- PLUS MORE!

# What are VOCs?



VOCs (Volatile Organic Compounds) are emitted as gases from certain solids or liquids. Concentrations of many VOCs are up to ten times higher indoors than outdoors.

## Sources include:

Paint, solvents, aerosol sprays, liquid household cleaners and disinfectants, mothballs, air fresheners, glue, markers, dyes, dry-cleaned clothing, carpets, furnishings and office electronics.



## Health Effects:

Eye, nose and throat irritation, headaches, skin rashes, fatigue, nausea and tightness of chest. Severe reactions include damage to the liver, kidneys and central nervous system.

## How to Reduce Exposure:

- Increase air ventilation during and after usage.
- Don't mix household products unless directed on instructions.
- Avoid using products with hazardous VOCs.
- Use air purifiers with activated charcoal.



<https://www.epa.gov/indoor-air-quality-iaq/volatile-organic-compounds-impact-indoor-air-quality>