Thank you for joining us!
The webinar will begin shortly.

Order of events:
Introduction
Hazardous Waste Overview
Q&A
DIY Alternatives
Q&A
Zoom Etiquette

• Everyone has been muted
• Use the Q&A button at the bottom of your screen for questions for panelists

• Make sure your setting is on “All Panelists and Attendees” if you want to share information with the group

• The webinar is being recorded
Hazardous Waste 101

Order of events:
- Introduction
- Hazardous Waste Overview
- Q&A
- DIY Alternatives
- Q&A
RethinkWaste

428,000 residents | 93,000 households | 11,000 businesses
San Mateo County Environmental Health Services

20 cities/towns
767,000 (2019)
21,000 businesses
Hazardous Waste

- What is Hazardous Waste?
- Who’s in Charge?
- Universal and E-Waste?
- Retail Take Back Program
- VSQG Program for local business
- Your HHW Drop Off Appointment
- Questions and Clarification
What is Hazardous Waste?

• Hazardous Waste is HAZARDOUS
• Defined by the EPA
Some Household Hazardous Waste Products?

- Drain Cleaners
- Pesticides and Fertilizers
- Oils, Fuels and Antifreeze
- Paints and Stains
- Some Construction Compounds
Poison

• Toxicity of Chemical Exposure
  o Inhalation
  o Ingestion
  o Injection
  o Dermal Contact
Flammable

- Fire Triangle: Fuel, Oxygen, Spark
- Flammable Liquids and Gases
- Flammable Solids
Reactive

- Oxidizers
- Organic Peroxides
- Part A and B compounds
- Water Reactive
Corrosive

- “Eats” through skin, metal
  - Low pH Acidic
  - High pH Basic
- Chemical Burns
Things To Look Out For

• Read labels on products and look for hazard warning symbols

• Dangerous to the Environment

• Compressed Gas

• Irritant or Sensitizer

• Health Hazard and Carcinogen

• Explosives and Ammunition
  (Note: We do not accept explosive items)
Universal Waste, E-Waste, and Retail Take Back Locations

- Universal waste: Fluorescent Lights, CFL, Metal Halide, etc… All contain mercury
- Batteries including Lithium Ion
- Thermostats and Thermometers
- Electronic Waste (E-Waste)
  Note: We do not accept E-Waste at our HHW Facilities
Who’s in Charge?
Retail Take Back Program

- Hassett Ace Hardware
  1029 Alameda De Las Plugas, Belmont
  650-593-4075

- Hassett Ace Hardware
  111 Main Street, Half Moon Bay
  650-726-5505

- Portola Valley Hardware
  112 Portola Road, Portola Valley
  650-851-0116

- Hassett Ace Hardware
  545 First Avenue, San Mateo
  650-348-1082

- Brisbane Hardware
  1 Vistacion Avenue, Brisbane
  415-467-2707

- Linda Mar Ace Hardware
  560 San Pedro Avenue, Pacifica
  650-359-2401

- Roberts Hardware
  3044 Woodside Road, Woodside
  650-851-1084
Paintcare.org

- Recycling program for old and unused paint
- Also accept some paint related materials; clear coats, stains, and varnishes
- Latex and oil-based paints accepted

https://www.paintcare.org/
Helping Local Business: VSQG Program

• What does VSQG mean? Stands for Very Small Quantity Generator Program

• Small and midsized business in San Mateo County have an opportunity to dispose of hazardous waste

• Where we see industrial and research chemicals come into our facilities

• www.smchealth.org/vsqg
Door-to-Door and Product Give Away

- San Mateo HHW Program includes two other services provided to the public

- Door-to-Door Pickup for Elderly and Disabled people (Suspended due to COVID)

- Free Product Give Away Program (Suspended due to COVID)
Materials San Mateo HHW DOES NOT ACCEPT …

We Don’t Accept:

• Radioactive Materials
• Electronics; Appliances
• Medical; Biological
• Tires; Asbestos
• Most compressed gases: We do accept butane, propane, MAPP gas and refrigerant gases
Your HHW Drop Off Appointment

- Go to our website at https://www.smchealth.org/hhw
- Make an appointment at our Main Facility or Local Event Locations.
- Estimate the amount of waste you have
- Each container may be up to 5 gallons in size
- Volume limit is 10 total gallons of liquid or 50 lbs. of solid materials
- Fluorescent lights are limited to 10 tubes per visit
Your HHW Drop Off Appointment

• State regulations prohibits driving in a vehicle with more than 10 liquid gallons or 50 solid pounds of waste (Department of Transportation Regulation)

• If your accumulated waste exceeds the maximum allowable load, it’s ok to make a return visit with a second appointment

• Transport waste safely and securely in boxes or bins

• When you arrive: Stay in your vehicle, turn off you engine, and obey orders from our technicians
Accepted HHW Items at the PRC:

- Batteries (car, household)
- Fluorescent Lights
- Antifreeze
- Paint (latex, oil-based)
- Electronics
- Motor oil and oil filters

Full list at rethinkwaste.org/prc

Shoreway Public Recycling Center (PRC)

333 Shoreway Rd., San Carlos
Open Monday – Saturday
8:30 a.m. – 4:00 p.m.
Not Sure Where It Goes?

- Have Unacceptable Wastes?
  - Try www.recyclestuff.org
  - Call EHS (650) 372-6200
  - Hire hazardous waste hauler
Any Questions?

Charles Gleaves
cgleaves@smcgov.org
650-399-6919

Joanna Rosales
jrosales@rethinkwaste.org
Healthy at Home: Easy Do-It-Yourself Cleaning Products
OVERVIEW: LEAST TOXIC CLEANING FOR HEALTH

• Why Do-It-Yourself?
• Create your Own!

• Cleaning Basics
• Show & Tell
Why DIY?

Cost

Less Toxic
Less Dangerous

Avoid Disposal
Household Cleaning and Asthma

Keeping your home clean and dust-free is an important part of managing asthma. But many cleaning products can cause asthma or trigger asthma attacks, especially products with bleach, ammonia and vinegar. Here are some simple, low-cost ways to clean your house without causing problems for people with asthma.

### Cleaning hard surfaces (multi-purpose solution)

- Plain water and a microfiber cloth will clean most surfaces and kill 99% of germs.
- Use a mild unscented liquid dish or castile soap with water to cut grease and grime. Use a soap without anti-bacterial ingredients.
- For scrubbing, add 1 tbsp. of baking soda to regular or soapy water.
- Add lemon juice to regular or soapy water for a fresh smell and to cut grease.

### Dusting

- Use a dry microfiber cloth, or use a clean, slightly damp, soft cloth.

### Windows, glass, and mirrors

- Indoors, use plain water and a microfiber cloth.
- Outdoors, add plain liquid soap to get rid of soot and grime.
Asthma and Respiratory Disorders: What You Should Know About Your Household Cleaning Products

How clean is clean? Americans have become increasingly concerned about their exposure to germs and the diseases they may cause. Advertisements tell us of new and improved products which will protect our family’s health by killing germs found on every surface we may touch. Unfortunately, such advertisements fail to mention that many cleaning products contain chemicals that may actually be harmful to our health. Certain chemicals in common cleaning products have been associated with increased prevalence of asthma, exacerbations of asthma symptoms, and respiratory ailments including:

- Asthma is the most common serious chronic childhood disease, and is the third-ranking cause of hospitalization of children under age 15.³

- A 2004 report from the National Center for Health Statistics states that the incidence of asthma among preschool-aged children rose by 160% between 1980 and 1994,⁴ accounting for 14 million missed school days each year and $3.2 million in treatment expenses.⁵

- According to the Centers for Disease Control and Prevention, asthma is the leading cause of hospitalization, emergency room visits, and school absence due to illness among children and adults.⁶

Photographer: Thomas Widman
Disinfectant Overkill
Quats (ammonium quaternary compounds)

Ammonium quaternary compounds ("quats") are found in household cleaning products like disinfectant sprays, disinfectant wipes and toilet cleaners. Quats are registered as pesticides with the EPA, meaning you will frequently find them listed as "active ingredients" on the front label of disinfectant products.

QUATS AND YOUR HEALTH
Quats are skin irritants, can irritate your lungs, and have been linked to asthma, fertility issues, and reproductive harm. The overuse of quats can also lead to the promotion of antibacterial-resistant bacteria ("superbugs").

Potential harms of ammonium quaternary compounds:
Quats are powerful irritants. Skin exposure to quats can lead to dermatitis (skin rashes), and exposure through breathing can irritate the lungs. The links between respiratory conditions and quats are of particular concern. Studies of farmers who regularly used disinfectants containing certain quats showed that such exposure led to higher rates of chronic respiratory conditions and decreased lung function. In two studies, quats have been specifically identified as inducers of occupational asthma in cleaning workers. Certain quats have also been identified as triggering new cases of work-related asthma (asthma caused by work) as well as cases of work-aggravated asthma (work conditions worsen pre-existing asthma). Laboratory studies have shown that quat exposure in mice leads to greater immune reactions to allergens. While the mechanism that leads to asthma is not fully understood, there is concern that quats may play a role in causing the immune system to overreact to allergens, potentially worsening asthma symptoms.
Cleansing Basics

- Read the Label
- Avoid Aerosols
- Heavy Chemicals Not Necessary
- Ventilation & PPE
SAFER CLEANING WITH SIMPLE

What You Need

Lemon Juice or White Vinegar
Cuts grease and grime (don’t use undiluted vinegar if you have asthma).

Liquid Soap
Free of antibacterial (triclosan) or sodium lauryl sulfate (detergent). Castile soap is a good option.

Baking Soda
Removes stains and grime, acts like scouring powder.

Hydrogen Peroxide (3% Solution)
Works like a disinfectant and removes stains.

Microfiber Cloth
Damp microfiber removes dirt AND germs.

Scrub Brush
Helps remove stains and grime.

AFFORDABLE INGREDIENTS

Recipes

All-purpose Cleaner: Countertops, Floors, Appliances, Walls and More
• Liquid soap and warm water; lemon juice optional.
• Liquid soap, 1 tbsp. baking soda, lemon juice and water.
• 1 part white vinegar and 1 part water.

Windows, Glass and Mirrors
• Wipe with a damp microfiber cloth.
• 1 part white vinegar or lemon juice and 1 part water.

Sink, Tub and Tile
• Creamy scrub: 2 cups baking soda, half cup liquid soap and some lemon juice.
• Mix liquid soap, baking soda and 2 capfuls of hydrogen peroxide (3% solution).
• Soapy water and a good scrub brush.

Toilet
• Sprinkle bowl with baking soda, then drizzle with vinegar, let soak for 30 minutes and scrub with brush.
• Wipe toilet seat with hydrogen peroxide (3% solution).

Mold and Mildew Remover
• Allow white vinegar to sit on moldy surface, then clean with hot soapy water.
• Mix liquid soap, baking soda, and 2 capfuls of hydrogen peroxide. Apply to surface for 30 minutes, then clean with soapy water.

Drain Cleaner
• Pour half cup baking soda down drain and follow with half cup vinegar. After 15-30 minutes, follow with 2 quarts boiling water.

Oven Cleaner
• Apply paste of 1/4 cup baking soda, 2 tbsp. salt and hot water and let sit 5 minutes, then clean with scrub brush.

Pests need water, food, and shelter to live, just like you. Mold needs moisture to grow.

Here’s what you and your landlord can do to get rid of them and prevent them from invading your home.

smchealth.org/healthyhome
CREATE YOUR OWN!
3 Pasos a un Hogar Saludable

Un hogar con poca humedad, libre de artículos amontonados, y limpio es un hogar saludable. Así se pueden prevenir el moho y las cucarachas, ratones y otras plagas.

Comuníquese con Cynthia Knowles
(650) 207-3115 o cknowles@smc.gov
smchealth.org/healthyhome

COUNTY OF SAN MATEO
Environmental Health

smchealth.org/healthyhome
Call first to check vaccine availability.
MOISTURE CAUSES MOLD
CONDENSATION CAUSES MOLD
SAN MATEO COUNTY HEALTH
ENVIRONMENTAL HEALTH SERVICES

smchealth.org/healthyhome
cknowles@smcgov.org
650-207-3115
Additional Resources

RethinkWaste -> rethinkwaste.org/hhw | rethinkwaste.org/prc
San Mateo County Environmental Health -> smchealth.org/hhw | smchealth.org/vsqg
RecycleStuff -> recyclestuff.org
Paint Recycling -> paintcare.org
Refillable Propane Tanks -> refueleyourfun.org
Tips -> bit.ly/reducehhw