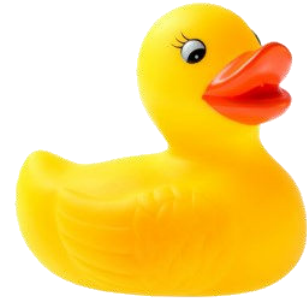


## Dangerous chemicals - Healthy Homes

### Protecting young children

Kids put everything in their mouth. It's part of how they explore their world. Help them explore more safely with these tips.

- Avoid toys, bottles, teething rings or sippy cups, and water bottles with #3, #6 or #7 plastics (avoiding all plastics is safest)
- Use glass bottles
- Avoid powders and talcs
- Stay away from toys manufactured outside the US
- Never heat foods in plastic containers
- If you must use plastic water bottles, never leave them in the heat of the sun or in a hot car (the replacement for BPA, called BPS, may be as dangerous)



### Around the house and yard



#### In the kitchen

- Limit fish intake especially for children and pregnant women
- Eat organic when possible-get the EWG.org Dirty Dozen and Clean Fifteen guide
- Avoid Teflon coated cookware
- Use glass, ceramic, or stainless steel for mixing, drinking, and cooking
- Avoid canned foods - they contain BPA in the lining (the replacement for BPA, called BPS, may be as dangerous)

- Use cleaners that are considered more natural that contain plant based and organic ingredients (shy away from labels that don't list what the 'fragrance' might be) - Use EWG.org cleaning products guide
- Make your own cleaning products using simple household ingredients like vinegar and baking soda



## House and yard

- Old thermometers and CFL type lightbulbs that contain mercury should never go in the garbage - check with local government officials for disposal
- Avoid vinyl products like shower curtains that contain phthalates
- Personal care products and make up can also contain phthalates hidden behind fragrance
- Purchase furniture without chemical flame retardants
- Keep your home dust free - dust contains chemicals like flame retardants
- Find natural alternatives to pesticides as a first choice
- Check your home for lead and radon
- Use low or VOC (Volatile Organic Compounds) free paints, glues and flooring and if you're pregnant stay away from all remodeling projects

