



Simple Steps to Avoid Toxic Environmental Exposures

- ☞ Use **fewer products**.
- ☞ Avoid aerosolized sprays and loose powders.
- ☞ Read labels and beware of “**greenwashing**”.
- ☞ Avoid fragrance/parfum.
- ☞ **Ventilate** your home.
- ☞ Wash hands with plain soap and water.
- ☞ Leave your shoes at the door.
- ☞ Reduce **dust**: wet mop, HEPA vacuum.
- ☞ Avoid the **Dirty Dozen** and embrace the **Clean Fifteen**.
- ☞ Avoid #3,6, and 7 plastics (*5,4,1,2 all the rest are bad for you!*)
- ☞ **Make your own** cleaners with baking soda, vinegar, and lemon juice.
- ☞ **Support companies** that are reducing the use of toxic chemicals.
- ☞ Support companies that **disclose all ingredients**.
- ☞ Support **research** on the effects of common chemicals – science is needed to inform policy.
- ☞ Support the **Safe Chemicals Act**.
- ☞ Utilize your social networks to **educate others!**

