



## 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!**

