



Healthy Home Reference Card



AVOID cleaning products with the words DANGER, WARNING, CAUTION or POISON on the label.

AVOID common* paints, stains and finishes with smelly odors - they contain VOCs (Volatile Organic Compounds).

AVOID plastic toys made with polyvinyl chloride (PVC) and beware of painted toys which may contain lead.

AVOID furnishings and mattresses treated with synthetic flame retardant chemicals (called PBDEs¹).

AVOID wall to wall carpeting, where dust and toxins can accumulate and remain trapped in the fibers.

AVOID synthetic carpets and furnishings that may contain formaldehyde and other toxins.

AVOID down or feather beds/pillows which may trigger allergies and asthma.

▶ **CHOOSE** environmentally preferable, non-toxic cleaning products. Look for "phosphate-free" on the label.

▶ **CHOOSE** paints, stains and finishes labeled as VOC-Free, Zero VOC or Low VOC. Ask your retailer.

▶ **CHOOSE** safe, washable or unpainted wood toys. Investigate "filler" ingredients in all stuffed toys.

▶ **CHOOSE** PBDE-free bedding such as organic cotton, natural rubber or wool blends. See alternatives online.

▶ **CHOOSE** tile, solid wood or sustainable bamboo flooring which can be cleaned thoroughly.

▶ **CHOOSE** naturally dyed, natural fiber area rugs such as cotton or wool, and furnishings made from natural materials.

▶ **CHOOSE** to use hypo-allergenic or allergen barrier covers on all bedding.

*Common/typical/standard: Refers to the most widely found form of product in the US today.

¹ PBDE: polybrominated diphenyl ethers.

Printed with soy inks on recycled paper.

AVOID using toxic pesticides to control insects indoors such as ants and roaches.

AVOID exposing children and pregnant women to lead contamination in the home. Avoid “do-it-yourself” lead paint removal.

AVOID the accumulation of dust that may contain harmful substances such as pesticides, lead paint and others.

AVOID the buildup of mold and mildew in your home which can trigger allergies.

AVOID disposable baby diapers that contain plastics which are not biodegradable.

AVOID household appliances that don't include cleanable or replaceable filters.

AVOID possible exposure to radon gas and asbestos in your home.

AVOID chemically-based “fresheners” that add to indoor air pollution.

▶ **CHOOSE** to eliminate the source of infestation and use natural, non-toxic or less-toxic insect control methods.

▶ **CHOOSE** professional lead testing if the house was built before 1978. Use only a certified lead abatement contractor for all lead paint removal.

▶ **CHOOSE** to dust often. Damp mop floors and vacuum weekly using a HEPA filter. Use air purifiers to reduce allergens.

▶ **CHOOSE** to find and fix moisture sources: check for leaky roofs, damp basements. Use dehumidifiers.

▶ **CHOOSE** natural, non-toxic, chlorine-free, biodegradable diapers or compostable liners with reusable covers.

▶ **CHOOSE** appliances offering replaceable or cleanable filters: vacuums, humidifiers, and air conditioners are most important.

▶ **CHOOSE** to have your home tested for the presence of radon gas and asbestos.

▶ **CHOOSE** to open windows whenever possible. Choose nature's “air freshener”!