BEAUTY PRODUCTS

- Choose shampoo, hair products and cosmetics that are fragrance-free.
- Read the label on your cosmetics. Look for a short list of ingredients. Look for the phrase “sodium laureth sulfate free”.
- Don’t use nail polish on babies or toddlers. Choose polish that is “Big 3-Free”.

OUTSIDE

- Sometimes the air is not healthy for anyone (on ozone action days for example). Stay inside on those days.

HEALTHY KIDS

Protecting Your Child From Toxic Exposures

Sources

- Centers for Disease Control and Prevention
- Wisconsin Environmental Health Network
- Physicians for Social Responsibility
- Natural Resources Defense Council
- Environmental Working Group
- My Safety Nest
- UCLA Health
HOME

- Take off your shoes at the door; the bottom of your shoes can bring toxic chemicals into your home (from outdoors or work).
- Wet mopping is best to clean dust.
- Be careful with old peeling paint. Don’t remodel or strip paint if you are pregnant.
- Choose VOC-free paint for any re-painting inside your home.
- Don’t allow smoking in your home; keep away from people who smoke.
- Use cleaning products labeled “free and clear” to clean your home, choose fragrance-free cleaning products or make your own with vinegar.
- Don’t spray bugs; use prevention methods in your home. DEET bug spray can be used by pregnant women and children (over age 2 months) to avoid mosquito bites.

KITCHEN

- Avoid pesticides in food. Rinse produce with water. Remove and discard outer leaves. Doing this removes bacteria and some of the pesticides.
- Use glass instead of plastic in the microwave. Heating plastic containers may leak out the harmful chemicals into the food.
- When possible, eat fresh or frozen fruits and vegetables (not canned).
- Don’t use chemical tick-and-flea collars for your pets.
- Choose furniture and foam pillows that are “flame retardant free”. Repair any rips in upholstered furniture.
- Fish is healthy for you; try to eat 2 meals per week, but choose fish that are less contaminated with mercury (such as pollock tilapia, salmon, or light tuna).
- Wash your hands with soap and water; stay away from antibacterial or antimicrobial hand soap (Triclosan).
- Children should wash hands before eating and eat breakfast every day; this can help reduce lead absorption.