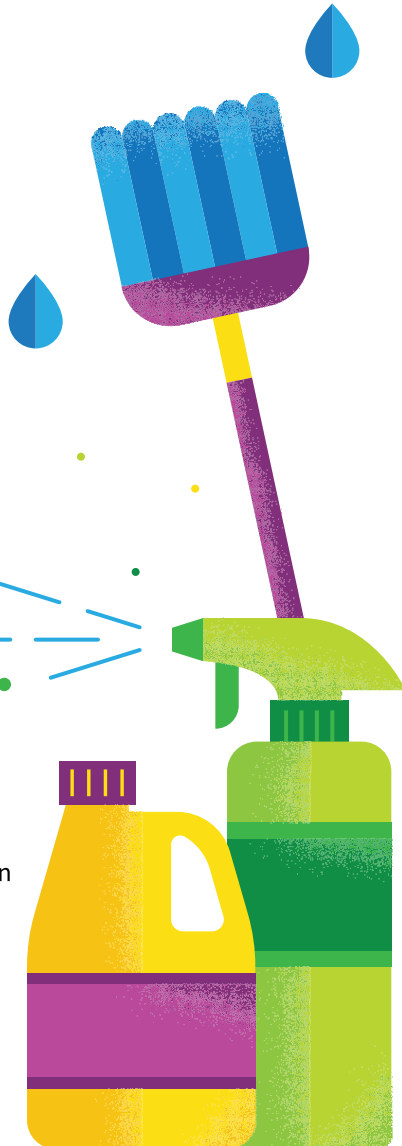


BEAUTY PRODUCTS

- 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.



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

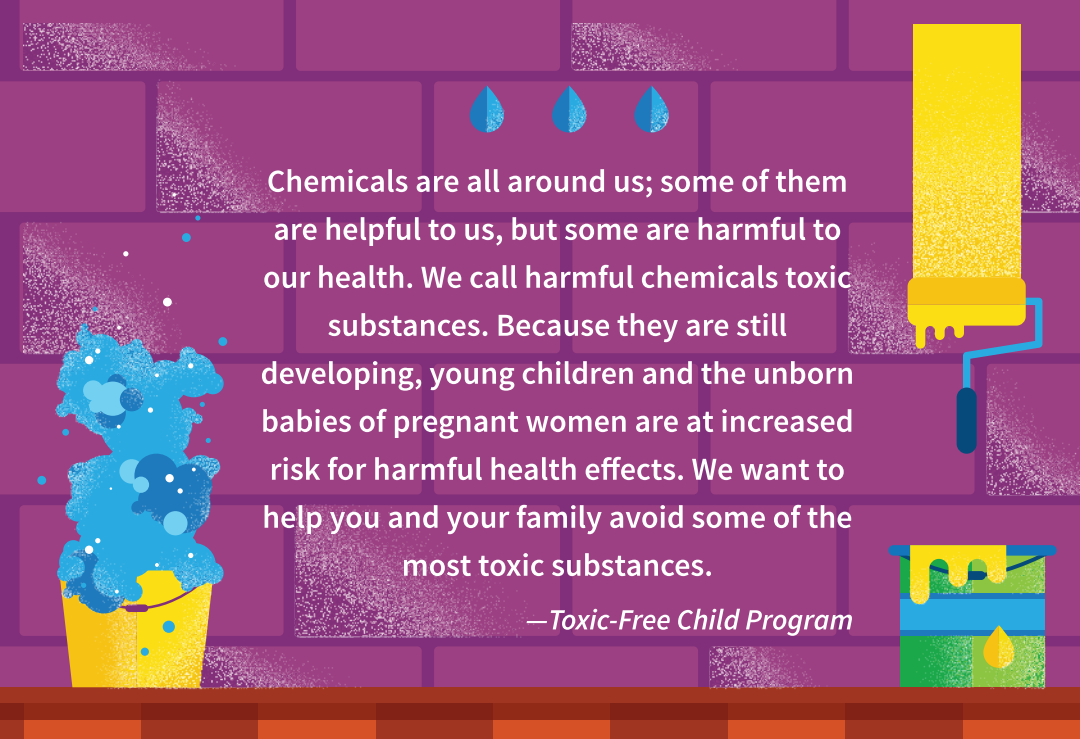


HEALTHY KIDS



Protecting Your Child From Toxic Exposures





Chemicals are all around us; some of them are helpful to us, but some are harmful to our health. We call harmful chemicals toxic substances. Because they are still developing, young children and the unborn babies of pregnant women are at increased risk for harmful health effects. We want to help you and your family avoid some of the most toxic substances.

—Toxic-Free Child Program

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.

- 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).

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).

