



# 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 PBDEs<sup>1</sup>).

**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.

<sup>1</sup> PBDE: polybrominated diphenyl ethers.

**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”!