SIMPLE STEPS TO A HEALTHIER HOME ENVIRONMENT

1. Ventilate

2. Wash hands with plain, fragrance-free soap and water

3. Support companies that reduce the use of toxic chemicals and disclose all ingredients

4. Shop smart; Read labels

5. Leave your shoes at the door

6. HEPA vacuum and wet mop

7. Make your own cleaners
   Use white vinegar, baking soda, and lemons

- Don't use unnecessary products
- Don't smoke
- Don't use aerosolized sprays and fragrance
- Don't use 3, 6 and 7 plastics