



How to Green Your Daily Routine

Where do I find credible information on safer products to use in the home?

- For a guide to toxic chemicals in everyday products, see:
<http://www.healthystuff.org>
<http://www.ewg.org/guides/cleaners>
- For green living, see National Geographic's the Green Guide:
<http://www.thegreenguide.com>
- For certified household cleaning products, see:
<http://www.greenseal.org/FindGreenSealProductsAndServices.aspx>
http://www.ecologo.org/en/certifiedgreenproducts/?category_id=21#21
<https://greencleaning.ny.gov/Products.asp>
- For information on pest control, see Beyond Pesticides:
<http://www.beyondpesticides.org>
- For information on avoiding flame retardant chemicals:
<http://greensciencepolicy.org/consumers>
- For interactive training on use and disposal of harmful household chemicals as well as safer alternatives:
<http://emilms.fema.gov/IS55a/index.htm>

How can I choose safer cosmetics?

- For safety reviews on cosmetic products, see the Environmental Working Group (EWG)'s database:
<http://www.cosmeticsdatabase.com>
- For a list of highly rated cosmetics, recommended by EWG, see Body Sense:
<http://www.bodysense.com>

Which plastics are safest for my children?

- For information on safer plastics, see the PEHSU Plastics Fact Sheet:
http://www.aoc.org/PEHSU/documents/bpa_patient_july_8_08.pdf

Which toys are safest for my children and toddlers?

- For general children's products, see Healthy Child Healthy World's Trusted Partners:
<http://healthychild.org/live-healthy/shop-healthy/all>
- For a guide to PVC-free school supplies:
<http://www.chej.org/publications/PVCGuide/PVCfree.pdf>
- For a list of toys recalled due to toxicity, see the U.S. Consumer Product Safety Commission Product Recalls:
<http://www.cpsc.gov/en/Recalls/>

What are some good resources to promote a healthy school environment for my children?

- For general healthy school environment resources, see the Environmental Protection Agency's (EPA) Resources:
<http://epa.gov/schools>
- For a guide to indoor air quality, see EPA's Tools for Schools:
<http://www.epa.gov/iaq/schools>
- For school siting guidelines, see the EPA's Guidelines:
<http://www.epa.gov/schools/siting>

- To learn about the Healthy Schools Network, see: <http://www.healthyschools.org>
- To learn about Healthy Schools Campaign, see: <http://www.healthyschoolscampaign.org>

Which fish have the least amount of mercury and other contaminants?

- Natural Resources Defense Council Mercury in Fish Guide: <http://www.nrdc.org/health/effects/mercury/walletcard.PDF>
- Regional advisories on contaminants in fish caught in local waters: http://www.health.ny.gov/environmental/outdoors/fish/health_advisories/regional/

What do I do if there is a toxic chemical spill in my home?

- For mercury spills, see the New York State Department of Health Mercury Webpage: http://www.health.ny.gov/environmental/chemicals/hsees/mercury/cleaning_up_a_small_mercury_spill.htm

What do I do if my child has ingested a toxic chemical?

- Contact Poison Control at 1-800-222-1222 <http://www.aapcc.org/dnn/default.aspx>
- Learn more about specific chemicals from ATSDR ToxFAQs: <http://www.atsdr.cdc.gov/toxfaqs/index.asp>

Where can I speak with an expert in children's environmental health?

- In New York, New Jersey Puerto Rico and the US Virgin Islands, call the Mount Sinai PEHSU at **1-866-265-6201**
- Or Visit the national PEHSU website: <http://www.aoec.org/pehsu/findhelp.html>

Where can I find out how to advocate for stronger chemical legislation in the U.S.?

- Safer Chemicals Healthy Families, a national effort to protect families from toxic chemicals <http://www.saferchemicals.org/>
- Women's Voices for the Earth, conducts many grassroots campaigns to change corporate chemical practices and policy <http://www.womensvoices.org/>

Finally, what are some good general resources on children's health and the environment?

- Children's Environmental Health Center: <http://www.cehcenter.org>
- LEAP: <http://www.ribbet.org>
- PEHSU: <http://aoec.org/pehsu/facts.html>
- American Academy of Pediatrics: <http://www.healthychildren.org>
- Environmental Protection Agency: <http://www.epa.gov>
- Centers for Disease Control and Prevention: <http://www.cdc.gov>

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Neither EPA nor ATSDR endorse the purchase of commercial products/services mentioned. The Mount Sinai Children's Environmental Health Center and the Pediatric Environmental Health Specialty Unit do not endorse any of the products sold on these websites.