

10 Tips for a Healthy Home



Dump chemical air fresheners, scented (and non-beeswax) candles, and potpourri.



Look for rugs and furniture made without flame retardants or stain-resistant treatments.



Stop toxics at the door. Adopt a no-shoes-at-home policy and place a doormat at each entryway.



Steer clear of pesticides. Control household pests with gels, baits, or sticky traps, and store food in sealed containers.



Keep dust levels low by vacuuming with a HEPA filter and wiping surfaces with a damp rag or mop.



Choose paints that are low in volatile organic compounds (VOCs) and free of alkylphenol ethoxylates (APE-free).



Find non-vinyl alternatives for shower curtains, pillow and mattress protectors, window shades, flooring, and wallpaper.



Avoid household cleaners labeled antibacterial and products containing fragrance.



Get rid of mothballs. Try cedar blocks instead for storing clothes.



When cooking, use a stove fan that vents to the outside.

Get more tips with Silent Spring Institute's Detox Me app: [detoxmeapp.org](https://www.detoxmeapp.org)



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