

HOW TO MINIMIZE CHEMICAL EXPOSURE

Make safer product choices and storage decisions at home

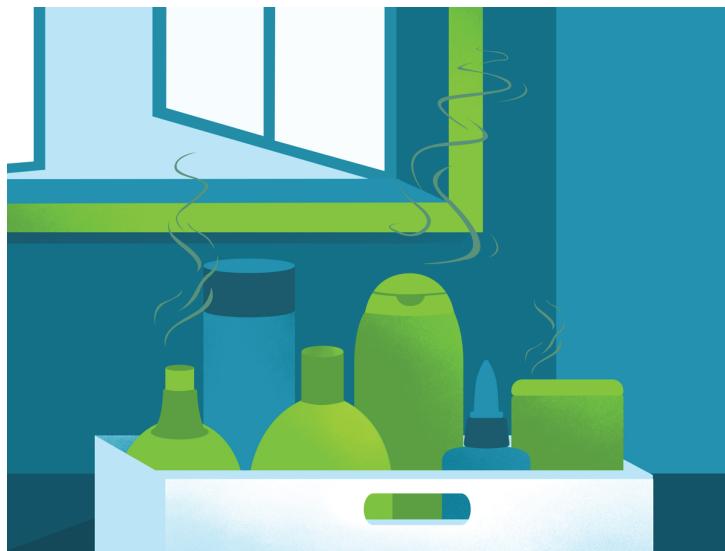
GOAL: Minimize exposure to household chemicals by using less toxic products and practicing safe storage.

Chemicals have become part of almost every part of modern life - present in everything from cleaning, laundry, and personal care products to scented candles, paint, pesticides, cosmetics, and more. Research has shown that presence and use of chemicals inside homes can be a health risk for occupants. While the best solution is not to bring chemicals into your home in the first place, you can reduce the health impacts by buying less toxic products, minimizing use, and practicing safe storage methods.



1. EDUCATE YOURSELF

Start reading labels - you may be shocked to find that what is in your favorite cleaner or air freshener is considered unhealthy or even hazardous.



2. FIND CHEMICAL PRODUCTS AT HOME

Search carefully and gather them while in a well-ventilated place. You'll probably be surprised by how many you have. If a product appears to be outdated, dispose of it correctly.



3. SORT THE PRODUCTS

Sort the products into two categories: personal care (products you apply to your body) and non-personal care (such as cleaning products). Consider keeping your personal care products in a separate closed container.



4. PRACTICE SAFE STORAGE & DISPOSAL

Store more hazardous chemicals in a detached, well-ventilated storage shed. Make sure containers are tightly sealed & not deteriorated. Follow product instructions or local regulations for disposal of hazardous products, such as paints, oils and pesticides.

RECOMMENDED RESOURCES

To learn more about making safer product choices and reducing the chemical load in your home, visit:

- Environmental Working Group's Guide to Healthy Cleaning
- US EPA's Safer Choice Database
- Hayward Score Chemical Storage Action Plan

BUY SMART!

Visit the EWG or EPA to do your homework on non-toxic and unscented alternatives.

Is your home affecting your health?
Learn to take action with our FREE personalized report.
www.haywardscore.com