

# Top Ten Tips To Reduce Toxins in Your Home

## **1. Avoid using nonstick pans, especially if they are scratched.**

Non-stick coating contains PFOAs, a form of PFC, which have been linked to cancer, liver and kidney damage, as well as reproductive problems.

## **2. Do not use plastic food containers for leftovers.**

Discard any plastics with a 3 or 7 on the bottom. Glass is best. Avoid plastic wrap and especially avoid it directly touching your food.

## **3. Use only BPA-free, ecofriendly water bottles.**

Stainless-steel or glass bottles are best. BPA is a hormone disruptor that mimics estrogen.

## **4. Never microwave plastic.**

Use wax paper or paper towels to cover food in the microwave.

## **5. Filter your drinking water.**

Common contaminants are arsenic and lead.

## **6. Open your windows to ventilate your home.**

Do not use air fresheners. They contain phthalates, another hormone disruptor, which is frequently found in fragrances.

## **7. Replace vinyl shower curtains with cloth.**

The heat from a shower can cause harmful chemicals in the shower curtain to offgas and you inhale the gases in the mist.

## **8. Vacuum frequently with a HEPA-filtered vacuum cleaner.**

Household dust is a major source of toxics such as carcinogenic flame retardants.

## **9. Take off your shoes when you enter the house.**

Toxics such as pesticides (even DDT) and heavy metals (lead, mercury) are found in outside soil. Leave them at the door!

## **10. Make your own non-toxic cleaning products.**

It's easy and inexpensive! Recipes are available on our website.



Coalition For A  
**Safe & Healthy**  
Connecticut

Find out more at [www.safehealthyct.org](http://www.safehealthyct.org)