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