

PARENTS' AND CAREGIVERS'

TEN TIPS

TO CREATE HEALTHIER ENVIRONMENTS FOR CHILDREN

1. KEEP HOMES, AUTOMOBILES, AND ANY PLACE WHERE CHILDREN ARE PRESENT SMOKE-FREE
2. STORE ALL CHEMICALS OUT OF REACH
3. MAINTAIN ANY LEAD-BASED PAINT TO PREVENT CHIPPING AND FLAKING
4. USE ONLY COLD WATER FOR DRINKING, COOKING, AND PREPARING INFANT FORMULA TO MINIMIZE LEAD LEVELS
5. PREVENT PESTS FROM COMING INTO YOUR HOME; IF INTERVENTION IS NEEDED, USE LEAST TOXIC METHODS
6. CHECK RADON LEVELS EVERY 2 YEARS AND REMEDIATE IF NECESSARY
7. INSTALL CARBON MONOXIDE MONITORS NEAR BEDROOMS
8. BUY ORGANIC PRODUCE OR PRIORITIZE USING THE ENVIRONMENTAL WORKING GROUP'S DIRTY DOZEN AND CLEAN 15 LISTS; WASH ALL PRODUCE, ORGANIC OR NOT
9. KEEP PLASTIC OUT OF THE MICROWAVE TO KEEP HARMFUL PLASTIC ADDITIVES OUT OF YOUR FOOD
10. KEEP YOUR HOUSE FREE OF WATER LEAKS; KEEP IT DRY AND WELL VENTILATED

