



PARENTS' AND CAREGIVERS'

TEN TIPS

TO CREATE HEALTHIER ENVIRONMENTS FOR CHILDREN

1. DO NOT ALLOW SMOKING OR VAPING IN THE HOME OR FAMILY VEHICLES.
2. PREVENT PESTS IN YOUR HOME BY ELIMINATING FOOD AND WATER SOURCES AND BLOCKING OFF PEST ENTRYWAYS.
 - If intervention is needed, use [least-toxic methods](#).
3. REDUCE THE USE OF [HAZARDOUS CHEMICALS IN YOUR HOME](#), AND STORE ALL CHEMICALS IN LOCKED CABINETS OUT OF CHILDREN'S REACH.
4. MAINTAIN YOUR HOME TO MINIMIZE LEAD HAZARDS LIKE CHIPPING, PEELING, OR CRACKING PAINT.
 - Damp dusting and wet mopping can reduce dust containing lead or other hazardous chemicals.
 - Always [renovate safely](#).
5. CONTROL MOISTURE BY REPAIRING WATER LEAKS QUICKLY AND KEEPING YOUR HOME [WELL-VENTILATED](#).
 - Ventilation is also important during cooking, cleaning, and art activities, using screened windows and doors or a heating, ventilating, or air conditioning (HVAC) system.
6. TEST YOUR WATER FOR LEAD, AND IF NEEDED, USE WATER FILTRATION DEVICES THAT HAVE BEEN [CERTIFIED](#) TO REMOVE LEAD AT THE POINT OF USE.
 - Use only cold water for drinking, cooking, and preparing infant formula to minimize [lead exposure](#) from water lines or plumbing fixtures.
7. CHECK [RADON LEVELS](#) EVERY 2 YEARS AND REMEDIATE IF NEEDED.
8. INSTALL CARBON MONOXIDE MONITORS NEAR BEDROOMS.
9. BUY ORGANIC PRODUCE WHEN POSSIBLE.
 - Prioritize according to [Environmental Working Group's Dirty Dozen and Clean Fifteen list](#).
 - Wash all produce, organic or not.
10. IF YOU MUST PURCHASE PLASTIC PRODUCTS, CHOOSE THOSE MADE WITH SAFER ALTERNATIVES (E.G., PRODUCTS LABELED PVC-FREE, PHTHALATE-FREE, AND BPA-FREE).
 - Keep all [plastic](#) out of the microwave to reduce harmful plastic additives in your food.

