



You want to make sure you and your home are safe and healthy. You have heard the warnings about many everyday items being unsafe. Where should you start?

We all come into contact with toxins (another name for poisons) in the environment. Some are in our food, our homes, and where we work and play. There are things you can do to limit contact with them. Here are some suggestions to make your food, home, and community safer. Remember that toxins are different depending where you live, so find out about those in your local area.

-  Database
-  Wallet card
-  Online tool
-  Mobile phone app

Choose personal care and baby products with fewer toxins:

Check the safety of your personal care products, like shampoo, soap, and deodorant

- The Campaign for Safe Cosmetics
www.SafeCosmetics.org
- Skin Deep Cosmetic Safety Database 
<http://cosmeticsdatabase.com>

Choose safer alternatives for babies

- Guide to Baby-Safe Bottles & Formula
www.ewg.org/babysafe
- Safety Guide to Children's Personal Care Products:
www.cosmeticsdatabase.com/special/parentsguide/EWG_parentsguide.pdf

Limit exposure to toxins in and around your home:

Check your home health IQ

- WebMD Health eHome: How Healthy is Your Home? 
www.webmd.com/health-ehome-9/default.htm

Choose better plastics and plastic alternatives




- Pick plastics carefully
www.ewg.org/healthy-home-tips-04

Look up the safety of everyday products




- Green Guide for Everyday Living
www.thegreenguide.com
- Healthy Stuff 
www.healthystuff.org

Choose fish and seafood that is healthy, lower in mercury, and better for the environment

- ARHP Fact Sheet: Healthy Fish, Healthy Families
<http://www.arhp.org/healthyfish>
- EPA Advisories Where You Live
www.epa.gov/waterscience/fish/states.htm

- Seafood WATCH  
www.montereybayaquarium.org/cr/cr_seafoodwatch/sfw_recommendations.aspx
- Tuna Calculator: 
www.ewg.org/tunacalculator

Reduce your exposure to pesticides

- Shopper's Guide to Pesticides  
www.foodnews.org/walletguide.php
- Pesticides Action Network: What's on my food? 
www.whatsonmyfood.org/iphoneapp.jsp

Research local water quality and filters

- EPA Local Drinking Water Information
www.epa.gov/safewater/dwinfo
- Consumer Reports: Greener Choices – Water Filters
www.greenerchoices.org/ratings.cfm?product=waterfilter


Find recipes for non-toxic cleaners

- Safe Cleaning Tips for Your Home
www.ewg.org/schoolcleaningsupplies/safecleaningtips
- Non-Toxic Cleaning Recipes
www.womenandenvironment.org/campaignsandprograms/SafeCleaning/recipes

Check toy safety rankings and recommendations

- HealthyToys.org  
www.HealthyToys.org


Treat pests with non-toxic and least-toxic alternatives

- Beyond Pesticides
www.Beyondpesticides.org
- Pesticide Action Network Pesticide Database 
www.pesticideinfo.org

Prevent exposure to lead and radon in your home




- A Citizen's Guide to Radon
www.epa.gov/radon/pubs/citguide.html
- Lead in Paint, Dust and Soil Basic Information
www.epa.gov/lead/pubs/leadinfo.htm

Choose a phone with lower radiation emissions


- Get a Safer Phone 
www.ewg.org/cellphoneradiation/Get-a-Safer-Phone

Reduce toxins in your work place or school:

Learn about the chemicals, hazards, or exposures in a particular industry or job

- Haz-Map 
<http://hazmap.nlm.nih.gov>
- National Institute for Occupational Safety and Health 
www.cdc.gov/niosh
- TOXNET 
<http://toxnet.nlm.nih.gov>

Create a healthier school environment

- Healthy Schools Environments
<http://epa.gov/schools/index.html>
- Healthy Schools Network, Inc.
www.HealthySchools.org
- PVC-Free School Supplies 
www.chej.org/publications/PVCGuide/PVCwallet.pdf

Reduce toxins in your community:

Find tools and tips for your community

- Alliance for Healthy Homes
www.cehrc.org/index.htm
- Healthy Building Network
www.healthybuilding.net
- Women's Health & Environment: What We Can Do: Community Efforts to Protect Our Health Tool Kit
www.womenshealthandenvironment.org/downloads/WHE_3WhatWeCanDo_lowres.pdf

More resources and information:

- ARHP's Reproductive Health and the Environment topic area
www.arhp.org/RHE
- Toxic Matters brochure
www.prhe.ucsf.edu/prhe/toxicmatters.html