YOUR HEALTHIEST SELF

Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:

MAKE YOUR HOME HEALTHIER

Take a look around your home. Do you know what's in your household goods and products? Some chemicals can harm your health if too much gets into your body. Becoming aware of potentially harmful substances and clearing them out can help keep you and your family healthy.

TO REDUCE POTENTIAL TOXINS IN YOUR HOME:

- ☐ Clean with "Safer Choice" or non-toxic products.
- ☐ Dust using a damp rag.
- ☐ Use a wet mop to clean floors.
- ☐ Vacuum with a high-efficiency particulate air (HEPA) filter.
- ☐ Open a window or use a fan to improve air circulation when you're cleaning.
- ☐ Have and maintain a good ventilation system in your home.
- ☐ Wash your hands and your children's hands often.