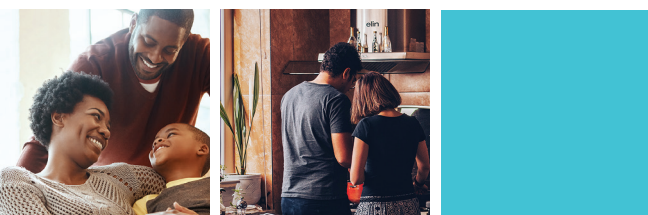


DO
IT
FOR...

A
HEALTHY
HOME.

Every day, we are exposed to chemicals and pollutants in the air, food, water and products we use in our home.

Here are ten simple steps you can take today to help protect yourself and your family.



1 Read the Label.

Always read and follow instructions on the labels of household chemical products and pesticides. Use them carefully—especially around children!

2 Lock Up Your Chemicals.

Keep household chemical products locked in cupboards or drawers—out of reach and sight of young children.

3 Dispose of Chemical Products Properly.

Prevent the contamination of our soil, air, and water—never dispose of chemical products or pharmaceuticals by flushing them down toilets and drains. Follow directions on product labels and municipal guidelines on how to dispose of chemicals and other hazardous waste.

4 Install Smoke and Carbon Monoxide Alarms.

Install a certified smoke detector and ensure you have at least one functioning carbon monoxide (CO) alarm outside of your bedrooms. Always keep the door between your home and garage closed.

5 Test for Radon Gas.

Radon is an invisible and odourless radioactive gas. It is the number one cause of lung cancer in non-smokers. Buy a radon test kit or hire a professional to do it for you, most importantly reduce the level if it is high.



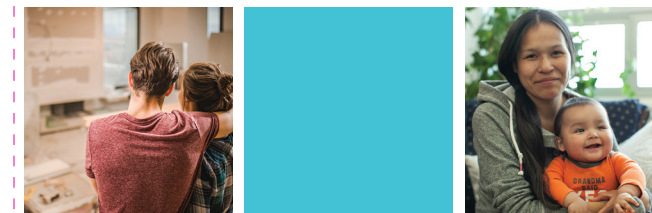
6 Ventilate Your Home.

Turn on exhaust fans that vent to the outdoors while showering and cooking, especially when frying food or using a gas stove. Open windows when renovating or using products that may release chemicals into the air, such as when painting, varnishing, working with composite wood, or installing carpets.



7 Prevent Mould.

Eliminate mould by keeping indoor moisture and humidity levels low. Clean up spills immediately and small amounts of mould with water and dish soap.



8 Let Tap Water Run Until It's Cold.

If you know or suspect you have lead in your drinking water, reduce your exposure by letting your taps run until the water is cold. Use this cold water for drinking, cooking, or making baby formula.

9 Wash Your Hands Often.

Frequent hand washing often helps to prevent infection and reduce exposure to harmful substances. This is especially important before preparing and eating meals and if your hands come into contact with a household chemical product.

10 Keep Your Home Clean.

Clean your floors and household surfaces with a wet cloth or mop to remove dust and dirt. Vacuum carpets, curtains, and all soft furnishings frequently. Don't track in harmful substances from outside; keep a strict barrier between outside contaminants and your home by removing your shoes at the door.

Ten Tips to Protect Your Family from Chemicals and Pollutants

Canada.ca/healthy-home