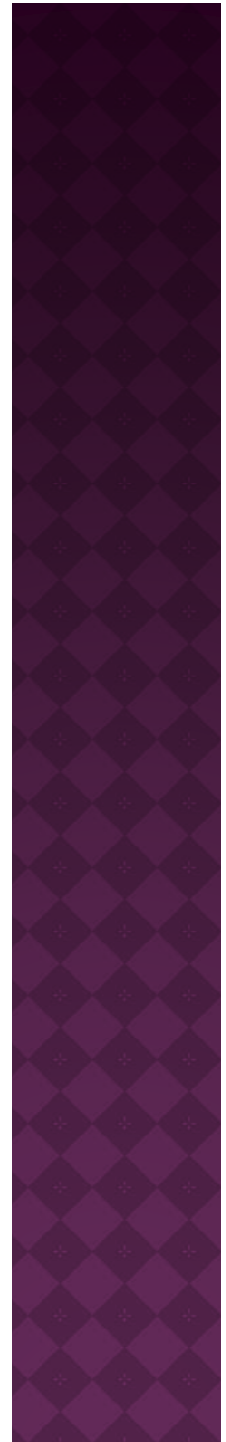


10 TIPS TO IMPROVE INDOOR AIR QUALITY PART 1

by Éva Ujaczki

- ◉ If you don't use a toxic chemical in the first place, then you don't have to contain it, clean it up, or be exposed to it, which is what preventing pollution is all about.
- ◉ Here's a list of the top 10 things you can do to reduce your exposure to toxic chemicals to create a safer indoor living environment for you and your family.



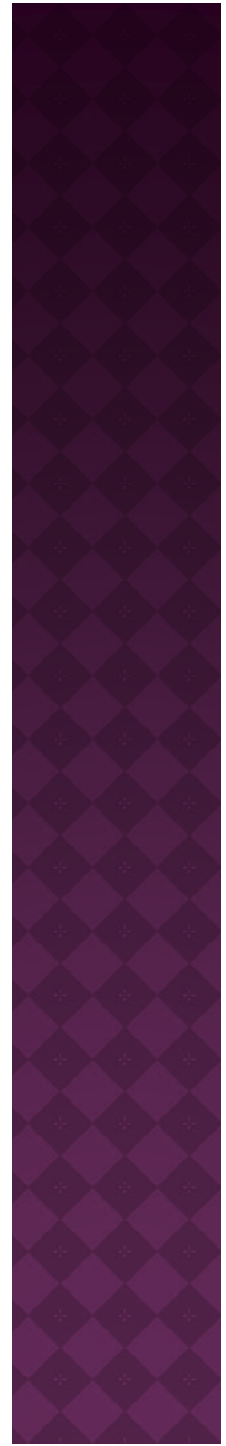
1. HOUSEHOLD CLEANERS

Look for labels that divulge ALL of the cleaner's chemicals. Be sure to avoid using cleaners that contain these suspect hormone disrupter chemicals: Nonyl- and octyl-phenols are used to make alkylphenol ethoxylate (APE) detergents.



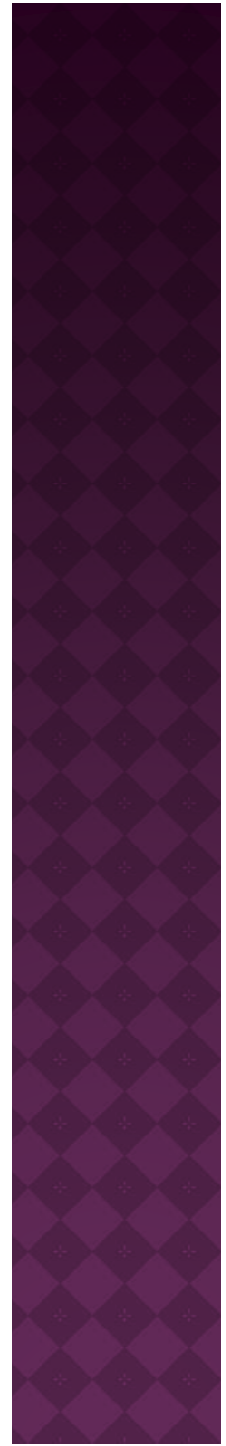
2. DISINFECTANTS

Limit the use of disinfecting products in your home. They contain chemical agents that are capable of destroying or inhibiting the growth of microorganisms. Overuse could lead to the growth of "superbugs." The Environmental Protection Agency (EPA) classifies disinfectants and antimicrobials as pesticides.



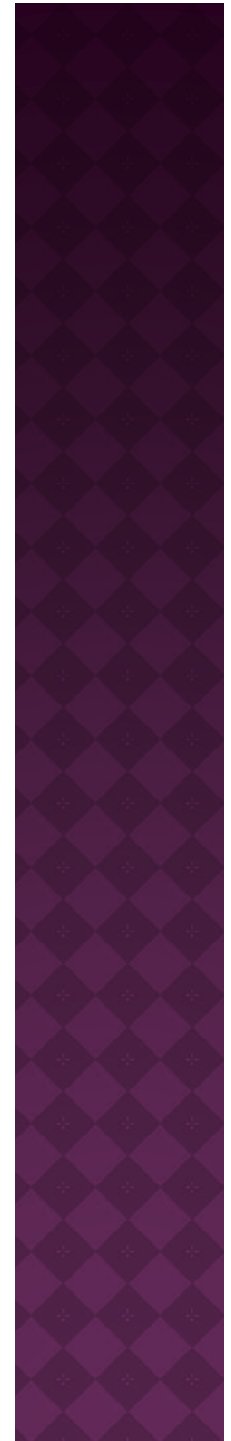
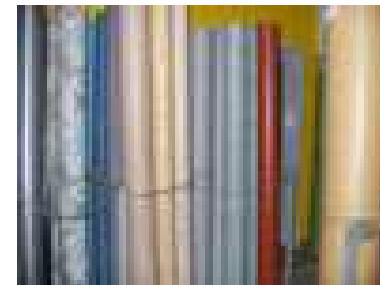
3. LAWN CARE AND PESTS

Children and pets in particular are exposed to pesticides tracked inside homes from lawn treatments. Pesticide exposure also occurs from using off-the-shelf pest repellents. Use organic lawn care methods like mowing high and adding topsoil. To get rid of pests, remove food sources, use boric acid and traps.



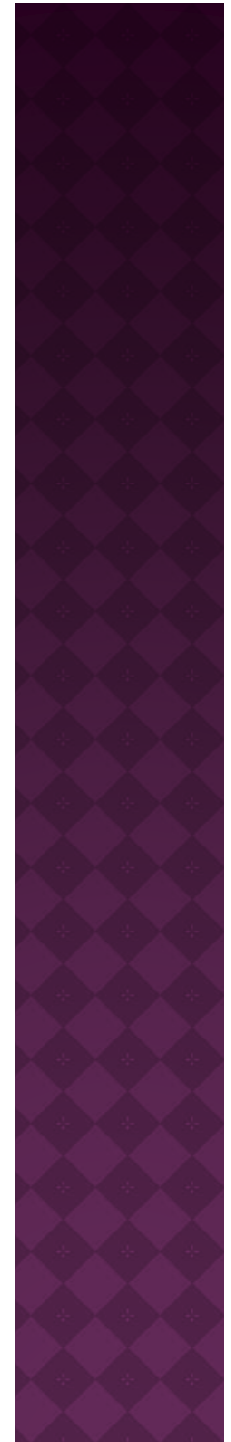
4. VINYL FLOOR AND WALL COVERINGS

Flexible vinyl household products like flooring and wallpaper are manufactured using PVC that may have toxic chemical additives including phthalate plasticizers and lead. As these products are used, they create dusts that accumulate these chemicals. Choose non-PVC wall and floor coverings to minimize potential exposure to these toxins.



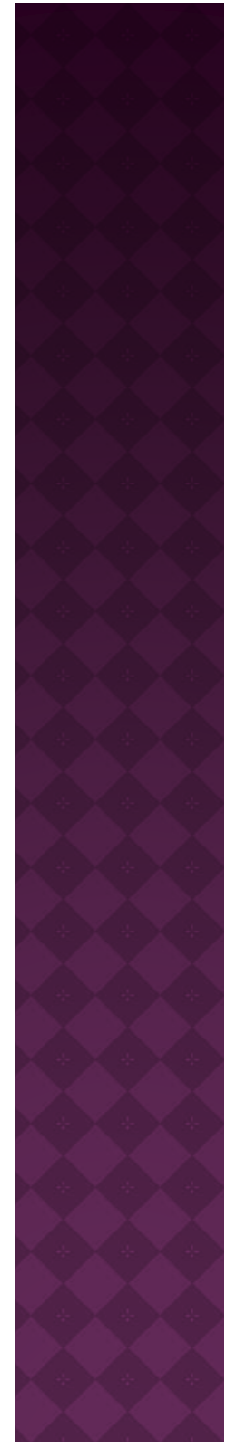
5. BUILDING MATERIALS

Plywood, oriented strand board, kitchen cabinets and home insulation are all products that can contain formaldehyde, a known human cancer-causing chemical. Choose solid woods and formaldehyde-free insulations when constructing or renovating your home.



6. PERSONAL CARE AND BEAUTY PRODUCTS

Choose products that are fragrance free and reduce your use of nail polish and acetone nail polish remover. If you do use these products, be sure to open your windows.



Continue:
10 Tips to Improve Indoor Air Quality
part 2

