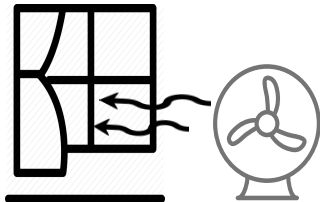


Simple Steps to a Healthy Home Environment

1 Ventilate



2 Wash hands with plain, fragrance-free soap and water



3 Support companies that reduce the use of toxic chemicals and disclose all ingredients

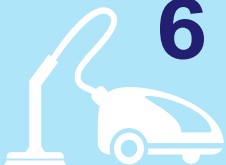


4 Shop smart; Read labels

5 Leave your shoes at the door



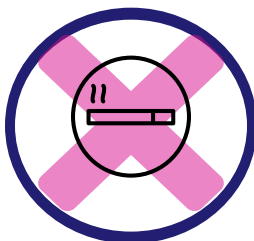
6 HEPA vacuum and wet mop



7 Make your own cleaners
Use white vinegar, baking soda, and lemons



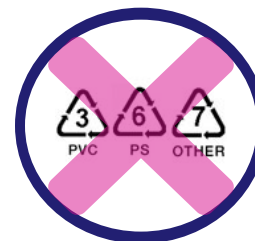
Don't use unnecessary products



Don't smoke



Don't use aerosolized sprays and fragrance



Don't use 3, 6 and 7 plastics