

PLASTICS

Plastic containers can have many uses in the home but food storage should not be one of them. Heating and storing food in plastic containers can cause chemicals from plastics to enter the food. Alternatives such as glass and ceramic should be used for storing food. Plastics should never be used to heat food or liquids in the microwave

When choosing containers or toys, avoid vinyl and PVC. Look for “PVC free”, “phthalate free”, or “BPA free”.



PERSONAL CARE & COSMETICS

Your skin is your body’s largest organ, and what you put on the surface, enters your body. Some health and beauty products contain known carcinogens, pesticides, reproductive toxins, and hormone disruptors. If the ingredients are not listed, or you cannot pronounce them, choose another product.

You can reduce your exposure (and save money!) by using fewer cosmetics, or using them less often. Choose natural products, when available, and do your research to find healthier products.

SMALL STEPS CAN MAKE A BIG DIFFERENCE!

Healthy Home Commitment Ideas:

- Keep smoke (and vape) outside
- Go scent free
- Dust and vacuum regularly
- Use natural or DIY cleaners
- Test your home for radon
- Clean and prevent mould growth
- Cook at home more often
- Store leftovers in glass or ceramic containers
- Avoid toys made from vinyl or PVC
- Reduce use of cosmetics. Research products for natural and safe ingredients.
- Avoid buying stain-resistant / flame-retardant fabrics or furniture covers



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REDUCING EXPOSURE TO COMMON TOXINS

Healthy Habits for Healthy Homes



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BREATHE
the lung association



TOXINS IN THE HOME

What you breathe, eat, and use on your body makes a difference to your long-term health and that of the environment in which we live.

How we eat and the things we use can sometimes promote cancer, hormone-related diseases and neurological disorders.

Happily, there are simple things that we can do to reduce our exposures to toxic substances (AND save money)! You can find other great tips on the Canadian Partnership for Children's Health & Environment (CPCHE) website.

AIR

Smoke

Keep smoke outside. If you smoke/vape, do so outside and away from windows. Quitting is the best way to limit this toxic exposure.

Wood stove smoke is toxic. If you must use a wood stove, use only CSA / EPA wood stoves. Have wood-burning stoves inspected each year to make sure they are safe and efficient. Dry, seasoned wood, and a well maintained fire minimize air pollution and provides you with a better "bang for your buck" on heating costs.

Scented Products

Candles, air fresheners, cleaning products, and perfumes all contribute to indoor air pollution. Choose scent-free.

Radon

Radon is a naturally-occurring radio-active gas that can enter buildings through the foundation. Radon is the leading cause of lung cancer in non-smokers. You cannot smell or taste radon. Radon test kits are available through your local Lung Association, building supply stores or radon specialist businesses.

DUST & CLEANING

Cleaning Your Home

Dust can contain many toxic substances including residues from chemical cleaners, flame retardants, pesticides and metals such as lead, mercury and arsenic. Regular vacuuming (preferably with a HEPA filter), and dusting with a damp cloth are effective ways to protect yourself and your family.

DIY natural cleaning products cost only a fraction of comparable commercial products. Great examples are available through the [David Suzuki Foundation](#).

Healthy Home Commitments

I promise to: _____

_____ to maintain and promote good health.

Name: _____

Email: _____

Signature: _____

Thank you!

Mould

Exposure to mould can cause many health symptoms. Mould growth is common in damp areas like bathrooms and basements. Small areas of mould can be cleaned using dish detergent, larger areas may require a professional. It is important to remove the source of moisture to stop mould growth.

Pesticides

Maintain your home to prevent pests, and use less toxic methods to control them.



FOOD

Cooking at Home

Rely less on highly processed foods by cooking at home more often. Cooking gives you the control to add more healthy ingredients to your diet. Cooking at home costs much less than eating out and can be easy and fun! Choose organic ingredients when possible. The internet is a great source for a variety of recipes. Try searching "Recipes" on www.canada.ca

Refrigerate leftovers soon after you are finished eating and store in glass or ceramic.