

# CREATING A HEALTHY HOME

## for your family

**WOMEN**  
for a Healthy  
**ENVIRONMENT**

[WomenForAHealthyEnvironment.org](http://WomenForAHealthyEnvironment.org)

**UPMC | MAGEE-WOMENS**  
HOSPITAL

[upmc.com/locations/hospitals/magee](http://upmc.com/locations/hospitals/magee)



**(!) BE AWARE**  
the ideal time for home improvements  
or remodeling is prior to pregnancy.

**SEAL CRACKS  
AROUND THE HOME,**  
use covered trash cans &  
avoid using any pesticides.

**LEAVE YOUR SHOES  
AT THE DOOR –**  
don't bring  
pollutants inside.

**CLEAN WITH  
NATURAL PRODUCTS**  
such as vinegar, baking soda,  
lemon & hydrogen peroxide.



**CHANGE YOUR FURNACE  
FILTER OFTEN.**

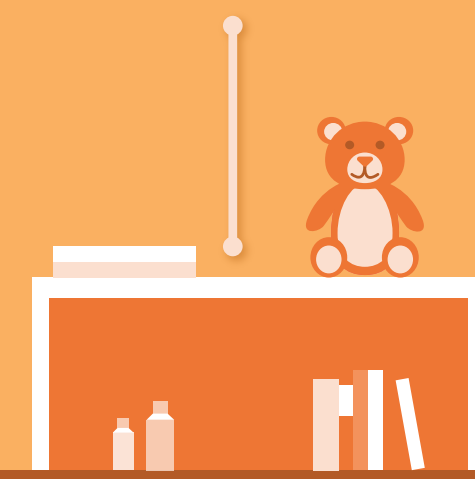
**DUST FREQUENTLY**  
with microfiber cloths  
& a wet mop  
to remove toxics.



**PURCHASE CRIB MATTRESS  
& BEDDING MADE WITH  
NATURAL MATERIALS**  
such as cotton, bamboo, wood,  
food-grade polyethylene.



**BABY'S FURNITURE SHOULD  
BE MADE OF NATURAL  
WOODS & FINISHES,**  
not chemical finishes.



**OPT FOR SOLID  
WOOD FURNITURE**  
instead of particleboard.

**SELECT FLAME RETARDANT  
FREE FURNITURE.**  
Cover any exposed foam.



**TEST YOUR HOME  
FOR LEAD.**

Lead can be found  
in water, paint, dust,  
soil & old toys.



**CHOOSE A FABRIC OR NYLON**  
shower curtain instead of vinyl.



**USE PERSONAL  
CARE ITEMS**  
marked free from  
fragrance, parabens  
& phthalates.



**SKIP AIR FRESHENERS  
& PARAFFIN CANDLES.**

Make your own scent  
with fresh flowers,  
citrus peels or cloves.

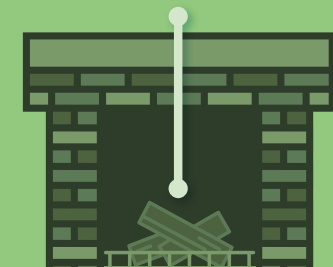


**ELIMINATE  
SMOKING.**



**INSTALL SMOKE  
ALARMS.**

**USE AN ELECTRIC,**  
ductless heating unit  
instead of a wood  
stove, which gives off  
harmful fumes.



**TEST YOUR HOME FOR RADON.**  
This naturally occurring gas is a  
leading cause of lung cancer.

**CHOOSE NATURAL FLOORING**  
such as hardwood, linoleum or  
tile & natural rugs like wool.



**NEVER HEAT PLASTIC  
IN THE MICROWAVE.**



**VENT FUMES**  
to the outdoors  
when cooking.

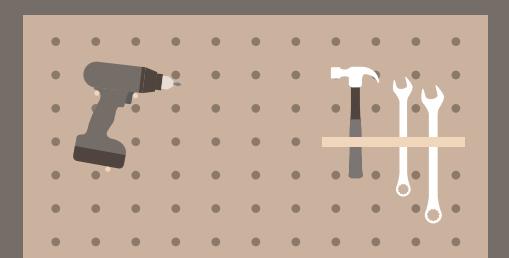
**USE GLASS.**  
Avoid Teflon coated  
cookware & plastics  
marked #3, 6 & 7.



**OPT FOR FRESH,  
FROZEN & DRIED FOODS**  
instead of foods that are  
processed & canned.



**INSPECT FOR  
MOLD**  
& address any  
water leaks.



**USE LOW OR  
NO VOC**  
paints, glues &  
adhesives.

