



## PERSONAL CARE & COSMETICS

Your skin is your body's largest organ, and what you put on the surface can enter your body. Some beauty products contain known carcinogens, pesticides, reproductive toxins, and hormone disruptors. If the ingredients are not listed, or include dangerous synthetic ingredients, choose another product.

Consider reducing your use of cosmetics, choose natural products when available, and do your research to find healthier products. Avoid long ingredients lists and "fragrance" or "parfum" as an ingredient (even in unscented products)!

**New Brunswick Lung Association, Canadian Network for Human Health & the Environment, & Foundation for Resilient Health**

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## SMALL STEPS CAN MAKE A BIG DIFFERENCE!

### Healthy Home Commitment Examples:

- Dust, vacuum, or damp mop once per week.
- Choose natural and safe cosmetic products
- Cook with whole ingredients more often
- Keep smoke and vape outside
- Go scent-free
- Use natural or DIY cleaners
- Test your home for radon
- Clean and prevent mould growth
- Store leftovers in glass or ceramic containers
- Avoid toys made from vinyl or PVC
- Avoid buying stain-resistant / flame-retardant fabrics or furniture covers

### Healthy Home Commitments

I promise to: \_\_\_\_\_

\_\_\_\_\_ to maintain and promote good health.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_

**Thank you!**

## REDUCING EXPOSURE TO COMMON TOXINS

### Healthy Habits for Healthy Humans



[www.resilient-health.ca](http://www.resilient-health.ca)



**Foundation for Resilient Health**  
**Fondation pour la Santé Résiliente**

**BREATHE**  
the lung association



## TOXINS IN THE HOME

What you breathe, eat, and use on your body has an impact on your long-term health and the health of the environment we live in.

The products we bring into our homes can promote cancer, hormone-related diseases and neurological disorders.

Happily, there are simple things that we can do to reduce our exposures to toxic substances! You can find other great tips on the Foundation for Resilient Health 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 also toxic. If you must use a wood stove, use only CSA/EPA wood stoves. Have wood-burning stoves inspected each year for safety and efficiency. Dry, seasoned wood, and a well maintained fire minimize smoke and gives you a better “bang for your buck” on heating costs.

### Scented Products

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

## Radon

Radon is a naturally-occurring gas that enters buildings through the foundation. Radon exposure is the leading cause of lung cancer in non-smokers. You cannot smell or taste radon but you can find radon test kits 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 (with HEPA filter), and dusting with a damp cloth are effective ways to protect yourself and your family.

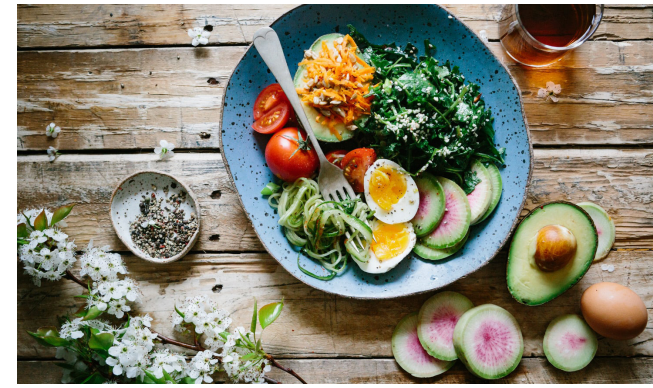
DIY natural cleaning products cost only a fraction of commercial products. Dish soap, vinegar, and baking soda all make for great at-home cleaners.

### 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 and water. Larger areas 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. For example, a baking soda/icing sugar mix eliminates ants.



## FOOD

### Cooking at Home

Rely less on highly processed foods by cooking at home more often. Cooking gives you the control to add healthier ingredients to your diet. Cooking at home costs much less than eating out and can be easy and fun! Choose organic and plastic free when possible.

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

## PLASTICS

Plastic containers can be useful but be careful using them for leftover food storage. Oily or fatty food, or heating plastic can cause toxic chemicals to enter the food stored inside. Instead use glass and ceramics, or allow the food to cool before placing in plastic containers. Never use plastic in the microwave.

When choosing containers or toys, look for “PVC free”, “Phthalate free”, “BPA free”, and “vinyl free”. For food containers, look for recycling symbols 1, 2, 4, and 5.