

# Healthy You | Healthy Family | Healthy Home

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## Taking Care of Your Child

**Wash your child's hands and toys often.** Regular hand washing with soap and water helps prevent illness.

**Mom's milk is best!** Breastfeed as long as you can. If you use formula, use powdered formula. For baby bottles, use glass and avoid plastic ones.

## Inside and Outside Your Home

**Don't wear shoes inside your home.** Shoes track chemicals into your home. Wear socks or indoor slippers instead.

**Choose a smoke-free lifestyle.** Make your home and car smoke-free. It's better for you and your family's health. If you want help to quit smoking, call the Smoker's Helpline. 1-800-NO-BUTTS (1-800-662-8887)

**Keep your home clean and dust-free.** Dust contains chemicals like lead and flame retardants, which can harm your family's health. Vacuum or mop floors with a wet mop. Wipe down surfaces often (including windowsills) with a damp cloth.

**Replace cushions and furniture where you can see the foam.** Foam in furniture and cushions contain flame retardants. These chemicals easily get into house dust, especially when the foam is not covered.

## Things you Buy and Use

**Choose safe personal care products.** Read the label to see what the product contains. Avoid products that list fragrance, parabens (methylparaben), phthalates (DBP), triclosan, BHA, and oxybenzone. For more information on products you use, like shampoo, face wash, or lotion, check [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com).

**Use safer cleaners.** Cleaning products and air fresheners contain chemicals that are harmful to your family's health. Avoid products with the words DANGER, WARNING, CAUTION or POISON on the label. Make homemade cleaning solutions using vinegar, baking soda, dish soap, and borax.

**Avoid Pesticides.** Flea medicine and other bug killers contain toxic chemicals. Use safer methods like soapy water or borax to control pests such as ants, fleas, and roaches.

## In Your Kitchen

**Eat fish low in mercury and high in healthy fats like omega-3s.** Some fish and shellfish contain high levels of mercury. Mercury is harmful to babies because it harms their growing brains. Avoid eating, shark, swordfish, tilefish and king mackerel - these are high in mercury. Instead, some good choices are salmon, trout, sardines, anchovies, and herring.

**Store food safely.** Use glass, stainless steel, or ceramic containers for food storage and cooking. Do not use dishes or pots made outside the U.S. for food or drinks unless they have been tested and do not have lead in them. Do not store or heat food in plastic containers (even if they're labeled microwave-safe). And, avoid washing plastic containers in the dishwasher. Harmful substances from these containers can get into food.

**Skip non-stick.** Non-stick cookware can release toxic fumes into the air. Chemicals from non-stick pans can also get into your food. Use cast iron or stainless steel cookware instead. If you must use non-stick, don't use cookware that is scratched or flaking and use low heat.

**Pick plastics carefully.** Some plastics have chemicals that can affect growth and development. Avoid plastics labeled 3, 6, or 7. Choose plastics numbered 5, 4, 1 or 2. Don't re-use #1 plastic. And, use cloth shower curtains instead of plastic ones.

**Run cold water.** Tap water may contain lead. Run COLD tap water for at least one minute before using it for cooking or drinking. Never drink or cook with hot tap water.