

Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



CREATE A HEALTHIER HOME

Take a look around your home. Do you know what's in your household goods and products? Some chemicals can harm your health if too much gets into your body. Becoming aware of potentially harmful substances and clearing them out can help keep you and your family healthy.

TO REDUCE POTENTIAL TOXINS IN YOUR HOME:

- ☐ **Cut down on dust.** Vacuum regularly with a HEPA filter. Wet-mop floors and wipe surfaces with a damp cloth.
- ☐ **Take off your shoes.** Leave shoes at the door to avoid tracking in pesticides, dirt, and other pollutants.
- ☐ **Prevent mold.** Fix leaks, dry wet areas quickly, improve airflow, and clean mold.
- ☐ **Improve indoor air.** Open windows when possible to bring in fresh air. Use kitchen and bathroom exhaust fans to reduce moisture and pollutants.
- ☐ **Choose products with fewer added chemicals.** Look for fragrance-free soaps, cleaners, and personal care products. Try to avoid products marketed as stain resistant or nonstick.
- ☐ **Practice healthy habits.** Balanced eating and regular physical activity can help support overall health even when environmental exposures occur.