

Ten Tips to Protect Your Family from Chemicals and Pollutants

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Every day, we are exposed to chemicals and pollutants in the air, food, water and products we use in our home.

Here are ten simple steps you can
take today to help protect yourself
and your family.

1 Read the Label.

Always read and follow instructions
on the labels of household chemical
products and pesticides. Use them
carefully—especially around children!

2 Lock Up Your Chemicals.

Keep household chemical products
locked in cupboards or drawers—out
of reach and sight of young children.

3 Dispose of Chemical Products Properly.

Prevent the contamination of our soil,
air, and water—never dispose of
chemical products or pharmaceuticals
by flushing them down toilets and
drains. Follow directions on product
labels and municipal guidelines on
how to dispose of chemicals and other
hazardous waste.

4 Install Smoke and Carbon Monoxide Alarms.

Install a certified smoke detector and
ensure you have at least one functioning
carbon monoxide (CO) alarm outside of
your bedrooms. Always keep the door
between your home and garage closed.

5 Test for Radon Gas.

Radon is an invisible and odourless
radioactive gas. It is the number one
cause of lung cancer in non-smokers.
Buy a radon test kit or hire a
professional to do it for you, most
importantly reduce the level if it is high.



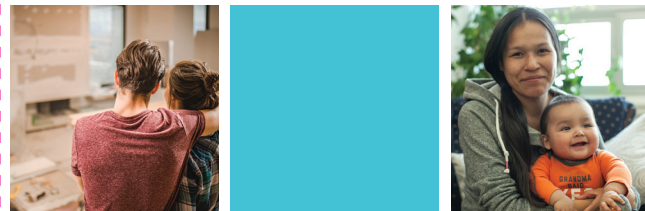
6 Ventilate Your Home.

Turn on exhaust fans that vent to the
outdoors while showering and cooking,
especially when frying food or using
a gas stove. Open windows when
renovating or using products that may
release chemicals into the air, such as
when painting, varnishing, working with
composite wood, or installing carpets.



7 Prevent Mould.

Eliminate mould by keeping indoor
moisture and humidity levels low.
Clean up spills immediately and
small amounts of mould with water
and dish soap.



8 Let Tap Water Run Until It's Cold.

If you know or suspect you have lead
in your drinking water, reduce your
exposure by letting your taps run until
the water is cold. Use this cold water
for drinking, cooking, or making baby
formula.

9 Wash Your Hands Often.

Frequent hand washing often helps
to prevent infection and reduce
exposure to harmful substances.
This is especially important before
preparing and eating meals and
if your hands come into contact
with a household chemical product.

10 Keep Your Home Clean.

Clean your floors and household
surfaces with a wet cloth or mop to
remove dust and dirt. Vacuum carpets,
curtains, and all soft furnishings
frequently. Don't track in harmful
substances from outside; keep a strict
barrier between outside contaminants
and your home by removing your
shoes at the door.