Reducing toxicants in our homes

There are many potentially harmful chemicals found in homes today. Learn how to avoid them!

Where can you find them?

In things you cook, store, and serve food in

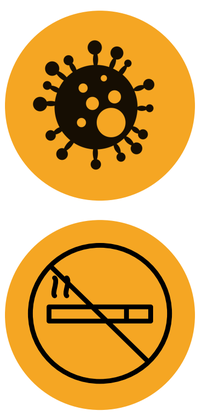
Such as:
- Non-stick pans
- Plastic food storage containers and other flexible plastics



Reduce exposure in your home by:
- Using stainless-steel and cast-iron skillets
- Heat food and beverages in containers that are not plastic, such as glass or ceramic

In your household's air

Such as:
- Indoor mold
- Cigarette smoke
- Pesticides
- Scented products



Reduce exposure in your home by:
- Keeping indoor areas dry: use a dehumidifier, ventilate and fix leaks.
- Not allowing smoking inside and/or designating outdoor smoking areas away from your home.
- See below for additional information on pesticides and fragrances

In pesticides

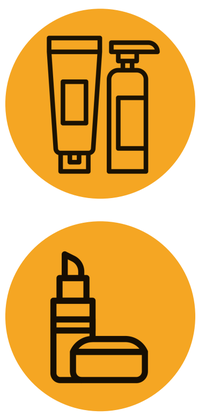
Such as:
- **Insecticides** used to kill insects
- **Herbicides** used to kill weeds



To reduce pesticides in your home:
- Hand pull weeds or use weed cloth
- Plant native species and ground covers
- Remove sources of food and water that attract pests
- Only spot treat affected areas
- Use insect baits instead of sprays
- Wash fruits and vegetables and buy organic

In your personal care products

Such as:
- Shampoo
- Lotion
- Make-up
- Perfumes
- Hair products
- Fragrances



Reduce exposure in your home by using:
- Products labeled "paraben free"
- Products labeled "fragrance free"
- Personal care products scented with essential oils

In cleaning, laundry, and air freshening products

Such as:
- Detergents
- Dryer sheets
- Fabric softener
- Disinfectants
- Surface cleaning products



Reduce exposure in your home by using:
- Organic detergents that don't have -phenols
- Baking soda and white vinegar as an all-purpose cleaner
- Wool balls instead of dryer sheets
- Fragrance-free cleaning products
- Essential oil diffusers instead of air fresheners

Where?

More >

What specific toxicants?

These harmful toxic substances may be found in many homes today:

- Alkylphenols
- Bisphenol A (BPA)
- Mycotoxins from certain mold species
- Parabens
- Per- and poly-fluoroalkyl substances (PFAS, including GenX, PFOA, PFOS, etc.)
- Phthalates
- Carbon monoxide, benzene, formaldehyde, cyanide, and many more found in tobacco smoke

What?

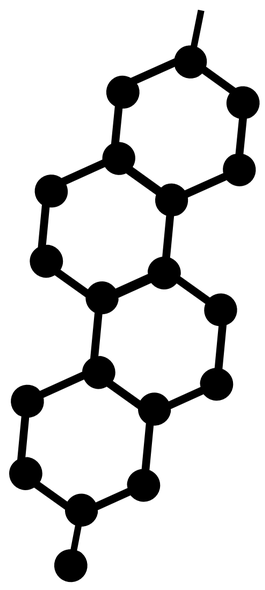
These have been linked to....

Immediate or more common effects:

- Allergic reactions
- Skin irritation
- Sore throat
- Disruption of hormones, which regulate many bodily functions like metabolism and reproduction

Potential long-term or chronic effects:

- Asthma
- Bronchitis
- Lung disease
- Liver or kidney damage
- Some tumors and cancers



Want More?

Additional Resourcs

Silent Spring Institute- Tips for Healthier Living:
https://bit.ly/2FbGnkq
The Centers for Disease Control and Prevention:
https://stacks.cdc.gov/view/cdc/56909
Integrated Pest Management:
https://www.epa.gov/safepestcontrol/integrated-pest-management-ipm-principles
Georgia Tobacco Quitline: 1-877-270-STOP

Find apps with more information and tips on the HERCULES website:

What changes can you make?



In my home I plan to:







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Learning how environmental exposures affect health and community well-being.
https://emoryhercules.com/

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HERCULES is supported by the National Institute of Environmental Health Sciences (Grant #P30ES019776)
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