|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pb** | **MeHg** | **PCBs** | **BPA** | **PBDEs** | **Phthalates** | **Pesticides** | **PFOA/S** | **Outdoor AP** | **Indoor AP** |
| Remove shoes when entering your home | X |  |  |  |  |  | X |  | X |  |
| Wear gloves when gardening and wash hands after contact with soil | X |  |  |  |  |  | X |  |  |  |
| If your home was built before 1978, garden in raised beds | X |  |  |  |  |  |  |  |  |  |
| Avoid certain fish, check your local fish advisory for current levels\* |  | X | X |  |  |  |  |  |  |  |
| Avoid frozen and prepared foods labeled “microwavable in package” |  |  |  | X |  |  |  | X |  |  |
| Use biodegradable or non-toxic cleaners |  |  |  |  |  | X |  |  |  | X |
| Avoid products with “fragrance” ingredient |  |  |  |  |  | X |  |  |  |  |
| Limit consumption of canned foods |  |  |  | X |  |  |  |  |  |  |
| Select “BPA-free” labeled plastic products & those w/o “7” plastic symbol |  |  |  | X |  |  |  |  |  |  |
| Send foam samples to determine flame retardant levels in your furniture (free testing, <http://foam.pratt.duke.edu/home>) |  |  |  |  | X |  |  |  |  |  |
| Choose non-flame resistant clothing |  |  |  |  | X |  |  |  |  |  |
| Eat organic fruits and vegetables, especially the “dirty dozen” |  |  |  |  |  |  | X |  |  |  |
| Use alternatives to pesticides to manage weeds, insects, fleas & ticks, & mold |  |  |  |  |  |  | X |  |  |  |
| Follow the air quality index at airnow.gov |  |  |  |  |  |  |  |  | X |  |
| Use a portable air purifier in your home |  |  |  |  |  |  |  |  | X | X |
| Use a vacuum cleaner with a HEPA filter |  |  |  |  |  |  |  |  |  | X |
| Use the air recycle button on your car dash when travelling on motorways |  |  |  |  |  |  |  |  | X |  |
| Choose more fuel efficient transportation |  |  |  |  |  |  |  |  | X |  |
| Use windows and fans to ventilate |  |  |  |  |  |  |  |  |  | X |
| Eat anti-oxidant fruits & vegetables | To | protect | your |  | body | from | inflamma- | tion | (see back for | Info) |

\*A great guide for methylmercury in fish can be found at: [www.fda.gov/Food/FoodborneIllnessContaminants/Metals /ucm115644.htm](http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals%20/ucm115644.htm)