

## 1. Improve indoor air quality

- Remove shoes before entering your home
- Use natural cleaning products like vinegar and peroxide  
[www.womenandenvironment.org](http://www.womenandenvironment.org)
- Eliminate moisture and water leaks to control mold.
- Use non-ozone air filtration
- Ventilate by opening windows or explore mechanical ventilation.
- Control pests by eliminating the source, and when needed use least toxic alternatives to pesticides.
- Use ducted-to-the-outside ventilation in the bathroom and at the range.
- Choose building materials and furnishings for your home with Zero VOCs (Volatile Organic Compounds) or products that outgass quickly rather than slowly over many years.
- Control odors at the source. Do not use deodorizers.
- Learn more: [www.healthhouse.org](http://www.healthhouse.org), [www.healthandenvironment.org](http://www.healthandenvironment.org),  
[www.womenshealthandenvironment.org](http://www.womenshealthandenvironment.org)

## 2. Reduce your chemical load

- Awareness: Exposure pathways are absorption, ingestion, and respiration. Chemicals reach the brain through the nose, just like snorting illegal drugs.
- Find alternative personal care products to reduce fragrances  
[www.safecosmetics.org](http://www.safecosmetics.org)
- Soak new clothing or fabric in powdered milk for 4-8 hours to neutralize chemicals from manufacturing process. *Less-Toxic Alternatives* by Carolyn Gorman [www.aehf.com](http://www.aehf.com).
- Wash your face if you become aware of an exposure.
- When returning home from shopping or errands, shower and change clothes.
- Carry a cotton/carbon mask to minimize unexpected exposures.
- Remember: Pharmaceuticals are chemicals too. If medication exacerbates symptoms, educate your doctor about alternative allopathic treatment [www.chemicalinjury.net](http://www.chemicalinjury.net).
- Eat organic foods and wash produce.
- Assist your body's detoxification system: drink good water; eat an alkaline 80/20 diet, exercise (sweating is good!).
- Use glass for food storage to avoid leaching of plastic.
- Use alternative oxygen mask and tubing [www.aehf.com](http://www.aehf.com).
- Educate those around you to increase support and reduce stress  
[www.cilep.org](http://www.cilep.org).

## 3. Be prepared

- See PA Department of Health Emergency Preparedness Checklist  
<http://www.dsf.health.state.pa.us/health/CWP/view.asp?A=171&Q=233908>