

**These chemicals
may harm your
body and baby:**

BISPHENOL A (BPA)

1,4-DIOXANE

FORMALDEHYDE

FLAME RETARDANTS

LEAD

PARABENS

PHTHALATES

POLYVINYL CHLORIDE (PVC)

TOLUENE

FOR MORE TIPS VISIT:

Based primarily on "Toxic Matters," researched and written by UCSF.



Look for the EPA Safer Choice label
when buying cleaning products.

<http://tinyurl.com/PHHBB>
<https://www.epa.gov/saferchoice>



*Planning for a Healthy
Home, Body, and Baby*



IRIS CANTOR-UCLA
WOMEN'S HEALTH
CENTER

EDUCATION
AND
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UCSF

Obstetrics, Gynecology
& Reproductive Sciences



Program on Reproductive
Health and the Environment

10 Tips for a Healthy Home, Body and Baby

01

Choose fresh or frozen fruits and vegetables. Canned foods may contain toxic chemicals.



02

Keep food in glass or stainless steel containers, not plastics. Plastics may contain toxic chemicals.



03

Read labels on foam products, clothing, and furniture. Avoid toxic "flame retardants".



04

Use insect baits; not insecticides, bombs, or chalks.



05

Clean with a wet cloth or mop instead of a dry cloth. Avoid sweeping.



06

Leave shoes at the door to avoid carrying toxic chemicals into your home.



07

Make a cleaner with
1 cup of white vinegar

+

1 cup of water



08

Use water based paints, glues, and materials for home improvements.



09

Don't smoke. Avoid smoke from tobacco, cooking, and fireplaces.



10

Use beauty and personal care products made without toxic chemicals.

