1. Ventilate to improve indoor air quality

2. Avoid antibacterial soap

3. Support companies that reduce the use of toxic chemicals and disclose all ingredients

4. Leave shoes at the door to avoid tracking in toxics

5. Shop smart; Read labels + ask questions

6. HEPA vacuum + wet mop

7. Make your own cleaners Using ingredients like white vinegar, baking soda + lemon

8. Don't use plastics 3, 6 and 7

9. Don't smoke indoors (or ever)

10. Don't use aerosol sprays and fragrances.

This document was adapted from material created at the Icahn School of Medicine at Mount Sinai for its Children's Environmental Health Center (www.cehcenter.org) and Transdisciplinary Center on Early Environmental Exposures (tceee.icahn.mssm.edu).