



MAKE YOUR HOME HEALTHIER

Take a look around your home. Do you know what's in your

your health if too much gets into your body. Becoming aware of potentially harmful substances and clearing them out can help keep you and your family healthy.

TO REDUCE POTENTIAL TOXINS IN YOUR HOME:



• Use a wet mop to clean floors.

• Vacuum with a high-efficiency particulate air (HEPA) filter.



you're cleaning.

• Have and maintain a good ventilation system in your home.

• Wash your hands and your children's hands often.