



10 Easy Ways to GO GREEN

1 Clean Green

Make your own non-toxic, affordable cleaning supplies out everyday items such as vinegar and baking soda.

2 Know Your CO

Carbon Monoxide alarms should be installed near all sleeping areas, on each level of the house and 15-20 feet from the furnace.

3 Paint Lead-Free

Use only lead-free, non-toxic paint throughout your home, especially in children's rooms.

4 Test Your Tap

Your local health department can provide information about the purity and safety of your drinking water. If your tap water fails a lead test, invest in a filter or use bottled water for drinking and cooking.

5 Be Stingy with Water

Turn off the water when you're not using it and put a low-flow cap on your sink faucet.

6 Breathe Well Indoors

Prevent mold growth with good ventilation and use low-VOC paints and furnishings. Check that appliances and any fireplace or woodstove is properly vented to the outside of your home.

7 Light Up with LEDs

Light-emitting diodes (LEDs) use less energy, generate less heat and last longer than other bulbs.

8 Waste Not

Find creative new ways to reuse old glass jars, bottles, and grocery bags. Check the bottom of all plastics before throwing them away and recycle as much as possible.

9 Switch "Off"

Save electricity and reduce environmental impact by turning off lights when you leave a room, and using only as much light as you need.

10 Control Your Mercury Intake

For pregnant moms and children, Mercury ingested through fish can pose a significant health risk. The Environmental Protection Agency recommends these groups do not eat shark, swordfish, king mackerel or tilefish because they contain high levels of mercury.

Learn how to keep your family safe and environment healthy at SafetyAtHome.com/environmental-safety

