

Checklist for Creating a Healthy Home Environment

Water

- Install water filtration systems in your kitchen
- Install low flow toilets in your home
- Add a rain barrel to your yard
- Finalize color scheme
- Take shorter showers
- Use cold water to wash your clothing
- Have your water heater checked annually

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Air Quality

- Install insulated windows and doors
- Have your heating and cooling systems maintained annually
- Install a programmable thermostat
- Use low- or no-VOC paint
- Open windows when possible
- Keep air-cleaning plants inside
- Install a carbon monoxide detector
- Don't smoke inside the home
- Open windows when possible
- Install a HEPA filter in your furnace

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Contaminants and Toxins

- Use fragrance free bath and body products
- Use products without dioxin and formaldehyde
- Look for mineral-based cosmetics
- Buy home cleaning products that are made from natural ingredients
- Make your own cleaning products
- Don't use air fresheners
- Buy only hardwood furniture
- Buy organic cotton linens, mattresses, and cushions
- Buy organic foods