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**How to Green Your Daily Routine**

**Where do I find credible information on safer products to use in the home?**

* For a guide to toxic chemicals in everyday products, see:

[**http://www.healthystuff.org**](http://www.healthystuff.org)

**http://www.ewg.org/guides/cleaners**

* For green living, see National Geographic’s the Green Guide:

**http://www.thegreenguide.com**

* For certified household cleaning products, see:

**http://www.greenseal.org/FindGreenSealProductsAndServices.aspx**

**http://industries.ul.com/environment/certificationvalidation-marks/ecologo-product-certification**

**https://greencleaning.ny.gov/Products.asp**

* For information on pest control, see Beyond Pesticides:

**http://www.beyondpesticides.org**

* For information on avoiding flame retardant chemicals:

**http://greensciencepolicy.org/consumers**

* For interactive training on use and disposal of harmful household chemicals as well as safer alternatives:

**http://emilms.fema.gov/IS55a/index.htm**

**How can I choose safer cosmetics?**

* To learn more about cosmetics safety and take action for stronger regulations:

**http://www.safecosmetics.org**

* For safety reviews on cosmetic products, see the Environmental Working Group (EWG)’s database:

**http://www.ewg.org/skindeep/**

**Which plastics are safest for my children?**

* For information on safer plastics, see the PEHSU Plastics Fact Sheet:

**http://www.pehsu.net/Public\_Phthalates\_and\_Bisphenol\_A\_Advisory\_EN.html**

**Which toys are safest for my children and toddlers?**

* For general children’s products, see Healthy Child Healthy World’s Trusted Partners:

[**http://healthychild.org/live-healthy/shop-healthy/all**](http://healthychild.org/live-healthy/shop-healthy/all)

* For a guide to PVC-free school supplies:

[**http://www.chej.org/publications/PVCGuide/PVCfree.pdf**](http://www.chej.org/publications/PVCGuide/PVCfree.pdf)

* For a list of toys recalled due to toxicity, see the U.S. Consumer Product Safety Commission Product Recalls:

**http://www.cpsc.gov/en/Recalls/**

**What are some good resources to promote a healthy school environment for my children?**

* For general healthy school environment resources, see the Environmental Protection Agency’s (EPA) Resources:

**http://epa.gov/schools**

* For a guide to indoor air quality, see EPA’s Tools for Schools:

**http://www.epa.gov/iaq/schools**

* For school siting guidelines, see the EPA’s Guidelines:

**http://www.epa.gov/schools/school-siting-guidelines**

* To learn about the Healthy Schools Network, see:

**http://www.healthyschools.org**

* To learn about Healthy Schools Campaign, see:

**http://www.healthyschoolscampaign.org**

**Which fish have the least amount of mercury and other contaminants?**

* Natural Resources Defense Council Mercury in Fish Guide:

**http://www.nrdc.org/health/effects/mercury/walletcard.PDF**

* Regional advisories on contaminants in fish caught in local waters: [**http://www.health.ny.gov/environmental/outdoors/fish/health\_advisories/regional/**](http://www.health.ny.gov/environmental/outdoors/fish/health_advisories/regional/)

**http://www.ct.gov/dph/lib/dph/environmental\_health/eoha/pdf/warning\_to\_people\_who\_eat\_fish\_2010.pdf**

**What do I do if there is a toxic chemical spill in my home?**

* For mercury spills, see the New York State Department of Health Mercury Webpage:

**http://www.health.ny.gov/environmental/chemicals/hsees/mercury/cleaning\_up\_a\_small\_mercury\_**

**spill.htm**

**What do I do if my child has ingested a toxic chemical?**

* Contact Poison Control at 1-800-222-1222

**http://www.aapcc.org/dnn/default.aspx**

* Learn more about specific chemicals from ATSDR ToxFAQs:

[**http://www.atsdr.cdc.gov/toxfaqs/index.asp**](http://www.atsdr.cdc.gov/toxfaqs/index.asp)

**Where can I speak with an expert in children’s environmental health?**

* In New York, New Jersey Puerto Rico and the US Virgin Islands, call the Mount Sinai PEHSU at **1-866-265-6201**
* Or Visit the national PEHSU website: **http://www.pehsu.net/**

**Where can I find out how to advocate for stronger chemical legislation in the U.S.?**

* Safer Chemicals Healthy Families, a national effort to protect families from toxic chemicals

[**http://www.saferchemicals.org/**](http://www.saferchemicals.org/)

* **The Coalition for a Safe and Healthy Connecticut:**

**http://safehealthyct.org/**

* Women’s Voices for the Earth, conducts many grassroots campaigns to change corporate chemical practices and policy

[**http://www.womensvoices.org/**](http://www.womensvoices.org/)

**Finally, what are some good general resources on children’s health and the environment?**

* Children’s Environmental Health Center at Mount Sinai

**http://www.cehcenter.org**

**http://labs.icahn.mssm.edu/lautenberglab/about-us/**

**http://tceee.icahn.mssm.edu/**

* LEAP: **http://www.ribbet.org**
* PEHSU: **http://www.pehsu.net/public\_facts.html**
* American Academy of Pediatrics: **http://www.healthychildren.org**
* Environmental Protection Agency: **http://www.epa.gov**
* Centers for Disease Control and Prevention: **http://www.cdc.gov**

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