

# Safe Home Checklist

Check, Remove, and Replace:

## Scented products

→ avoid completely

- Candles
- Incense
- Air fresheners
- Body care
- Perfume
- Toilet paper
- Sanitary pads
- Garbage bags
- Cleaning products
- Laundry detergents
- Dryer sheets

## Textiles

→ avoid direct skin contact with PPD, formaldehyde resins, and synthetics

- Clothing
- Bedding
- Blankets
- Pillows
- Mattress
- Sofas
- Carpets
- Upholstery

## Furniture

→ avoid flame-retardants, toxic glues, and toxic finishes

- Bedframe
- Night table
- Wardrobe
- Chairs
- Cupboards, etc.

## Building materials

→ avoid VOCs and formaldehyde (plywood, MDF, and particleboard)

- Flooring
- Walls

## Heating

→ avoid gas, fan, quartz tube infrared, electric convection, and oil-filled heaters

- Safer options: central heating, geothermal, radiant tile heaters, and hydronic radiators

## Bedroom Setup

- Mellow lighting
- Calming colors
- Tolerated blanket covers
- Natural material blankets and pillows
- Dust-mite-proof casing
- Toxicity-free mattress
- Scent-free environment
- Blackout curtains or outside shutters
- Keep temperature around 61–65°F
- Air out room before sleep
- Avoid formaldehyde-based furniture
- No electrical appliances (reduce EMF)
- Turn off Wi-Fi before sleep

## Kitchen Setup

→ avoid BPA, PFOA, PTFE

- Scent-free dishwashing liquid
- Scent-free dishwasher tabs
- Range hood (ideally ducted, venting outside) or portable options like the AirHood
- Non-toxic cookware
- Non-toxic utensils
- BPA-free plastics or glass storage solutions

## Helpful Habits

- Change clothing daily
- Change bedding often
- Clean frequently
- Air out rooms regularly
- Declutter your home
- Dry laundry outside in fresh air

## Upgrade When Possible

- Microfiber cleaning rags
- Vacuum with HEPA filter
- Steam vacuum
- Air filter
- The AirHood
- Water filter
- Dishwasher
- Washing machine
- Dryer
- Food processor