



Environmental Wellness Product Guide

A calm, practical way to reduce avoidable exposures at home - one product and one routine at a time.

The goal is lower exposure, not a perfect home

Everything is made of chemicals, and 'natural' does not automatically mean safer. Focus first on products you use frequently, breathe in, apply to skin, or use around children and pets. Small, consistent changes matter more than replacing everything at once.

A SIMPLE PRIORITY PLAN

Choose one change from one area.

1. Air and fragrance

Ventilate when cooking or cleaning when it is safe to do so. Consider reducing air fresheners, heavily fragranced sprays, incense, or other products that add particles or scents to indoor air.

3. Personal care

Review products used often or over a large area of skin. If fragrance is a concern, look for 'fragrance-free'; 'unscented' can still include ingredients used to mask odor.

2. Cleaning products

Read and follow the label. Use only the amount directed. Never mix cleaning products. Store them securely and keep them in their original containers.

4. Food contact and kitchen

Follow care instructions for cookware and food containers. Replace badly damaged items. Avoid heating food in containers that are not labeled for that use.

A trusted shortcut for cleaning products

EPA Safer Choice reviews every ingredient in a certified product against health and environmental criteria. You can use the EPA product search when you want help identifying options that meet the program's standard.



Pause before you replace

Use this page with one product at a time. A product may be appropriate when used as directed even if an ingredient name looks unfamiliar.

Where and how often do I use it?	
How might I be exposed?	☐ Breathe it in ☐ Skin contact ☐ Food contact ☐ Other
Who uses or encounters it?	☐ Me ☐ Child ☐ Older adult ☐ Pet ☐ Other
What does the label direct me to do?	
Does it have a third-party certification?	
Could a simpler routine reduce my use?	
My decision	☐ Keep using as directed ☐ Use less often ☐ Compare alternatives

SMART QUESTIONS FOR COMPARING PRODUCTS

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| ☐ Will this product be used often? | ☐ Does the label clearly explain safe use? |
| ☐ Will it be sprayed or aerosolized? | ☐ Is there an EPA Safer Choice option? |
| ☐ Can I use it with good ventilation? | ☐ Can I make one affordable change now? |

Safety first

Call 911 for a life-threatening emergency. In the United States, Poison Help is available at 1-800-222-1222 for questions about a possible poisoning. Keep products away from children and pets, and never mix cleaners.

OFFICIAL RESOURCES

U.S. Environmental Protection Agency: Safer Choice and certified product search - epa.gov/saferchoice

U.S. Environmental Protection Agency: Indoor Air Quality - epa.gov/indoor-air-quality-iaq

U.S. Food and Drug Administration: Cosmetics Labeling Guide - fda.gov/cosmetics/cosmetics-labeling-regulations/cosmetics-labeling-guide

Poison Help - poisonhelp.org | 1-800-222-1222