

Reduce exposure to Flame Retardants

Not all flame retardants are harmful, but some are endocrine disruptors. These are chemicals that mimic normal hormones.

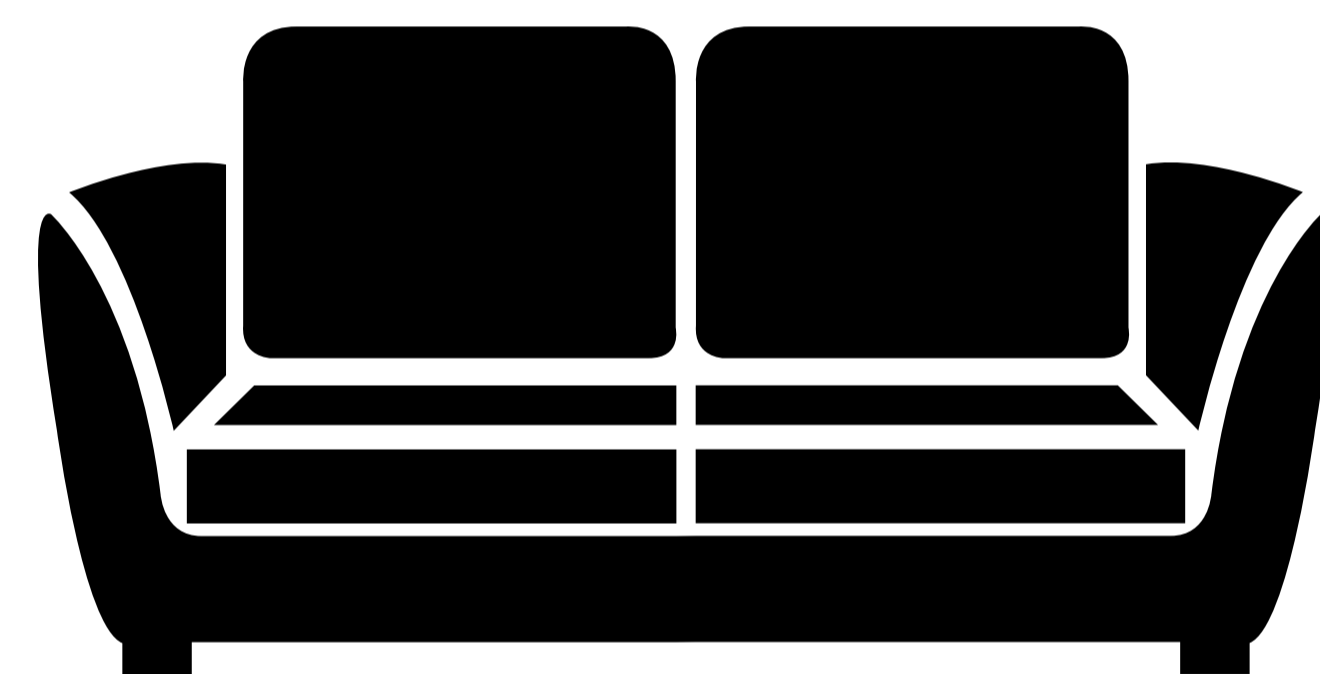


Vacuum frequently

Vacuuming can reduce the amount of flame retardants in your home.

Think about your furniture

Old couches (from 2004 or earlier) often contain flame retardants. Consider a couch cover.



Reduce use of air fresheners

Limiting or eliminating air fresheners in the home can reduce flame retardant exposure.

Sources of Flame Retardants



Furniture



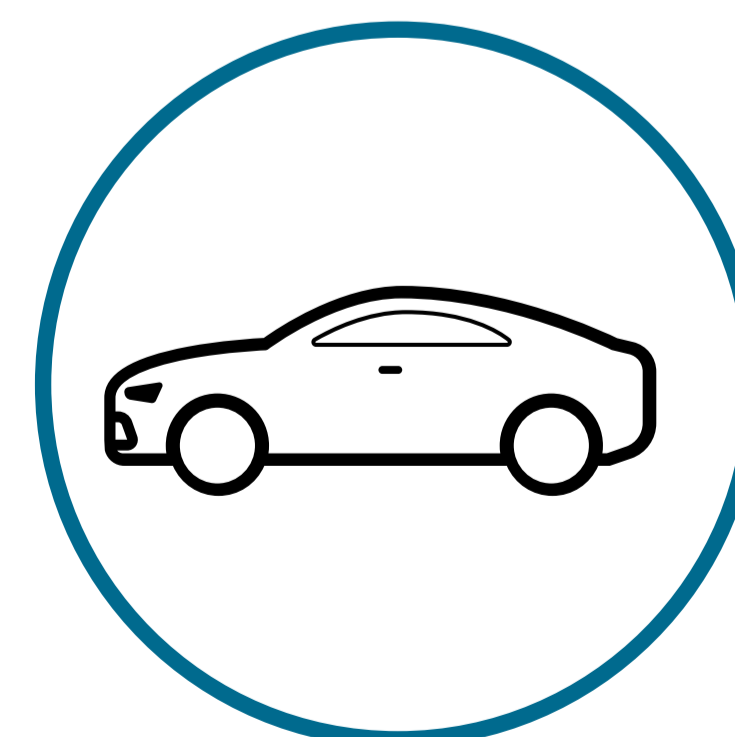
Electronics



Building
Insulation



Airplanes



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