



6. Inventory your house and dispose of old or unwanted household hazardous materials properly for a healthier home and environment.

- Because vapors can leak even from closed containers, when you avoid storing HHMs you improve indoor air quality by reducing any fumes, and may prevent accidental spills and poisonings of children and pets.
- Look under your sinks, on shelves in the basement or garage, and other places you store household hazardous materials. If you don't use the material regularly, call your RCC for an appointment for proper disposal.



Tips from Kaya

A healthy lawn is a medium green color; a dark green turf is a sign of an over-fertilized lawn, which is prone to disease and drought damage.



For more information contact your local Solid Waste Agency or your Regional Collection Center.
www.SafeSmartSolutions.org



**Change Our Ways.
Change Our World.**



**SIX EASY
ACTIONS**



1. Buy environmentally friendly products to improve health, safety and reduce your impact on the environment.

- Choose products with natural ingredients such as coconut or lemon oil. Using less toxic nature based household products can help keep your home healthier.



2. Purchase only what you need, to prevent storing leftovers.

- Avoid “super” sizes and bundled products. The money you save may not be worth the risk of storing unused hazardous products. Storing more than you need may lead to a greater risk of exposure to spills and fumes or accidental poisonings.
- Paint is one of the most common household hazardous waste streams. Use a paint calculator online before you buy, to determine how much paint you will actually need.

3. Protect your Indoor Air Quality for a healthy family and home.

- Purchase household products with no or low Volatile Organic Compounds (VOCs). Paints and finishes are among the leading causes of indoor air pollution because they release VOCs during application and for years afterwards. VOC's create the “new paint smell” that many of us are familiar with and inhaling them may cause eye, nose and throat irritation, headaches, dizziness, nausea and vomiting. VOC's are also commonly found in adhesives, aerosol sprays; cleansers and disinfectants; air fresheners; automotive products and even hobby supplies.



- Buy unscented gel, solid or pump spray products, which are generally better for you and indoor air quality. Scented products can add chemicals to the indoor air environment and aerosol sprays cause air pollution by releasing particles and gases into the air which may cause breathing difficulties especially for people with respiratory ailments.

4. Replace your mercury thermometers and thermostats with digital models.

- Replacing your mercury thermostat with a programmable one will save you money on heating and cooling costs by letting you take charge of your house's heating and cooling.
- Take mercury-containing items to your local Regional Collection Center (RCC). Even a few drops of mercury from a broken thermometer or thermostat can raise mercury air concentrations in a room to unsafe levels by releasing mercury vapors.



5. Lawn Care --Try going natural for a better environment.

- Rainwater can wash insecticides and herbicides from our lawns into the storm sewers, which drain into our streams or lakes. These waters are used as a source for both drinking and recreation.
- If you decide to use a petroleum-based insecticide or herbicide, follow all label instructions for use, storage and disposal. Do not apply before a rainstorm and do not over-apply.
- Lawn care products can be tracked into the house. Remove your shoes at the door.