

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 Healthy Stuff:
<http://www.healthystuff.org>
- 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://www.ecologo.org/en/certifiedgreenproducts/?category_id=21#21
<https://greencleaning.ny.gov/Products.asp>
- For information on pest control, see Beyond Pesticides:
<http://www.beyondpesticides.org>
- To learn how to dispose harmful products, see New York City's Residential Guide to Safe Handling and Disposal:
http://www.nyc.gov/html/dsny/downloads/pdf/refuse_recy/Flyer/harmful-products-brochure-web.pdf

Which plastics are safest for my children?

- For information on safer plastics, see the PEHSU Plastics Fact Sheet:
http://www.aeec.org/PEHSU/documents/bpa_patient_july_8_08.pdf

Which fish have the least amount of mercury?

- New York City Department of Health's Eat Fish, Choose Wisely:
http://www.nyc.gov/html/doh/downloads/pdf/edp/mercury_brochure.pdf
- Natural Resources Defense Council Mercury in Fish Guide:
<http://www.nrdc.org/health/effects/mercury/walletcard.PDF>

How can I choose safer cosmetics?

- For safety reviews on cosmetic products, see the Environmental Working Group (EWG)'s database:
<http://www.cosmeticsdatabase.com>
- For a list of highly rated cosmetics, recommended by EWG, see Body Sense:
<http://www.bodysense.com>

Which toys are safest for my children and toddlers?

- For a guide to choosing safe toys, see Kids Health Choosing Safe Toys:
http://kidshealth.org/parent/growth/learning/safe_toys.html
- For a list of toys recalled due to toxicity, see the U.S. Consumer Product Safety Commission Product Recalls:
<http://www.cpsc.gov/cpscpub/prerel/category/toy.html>
- For general children's products, see Healthy Child Healthy World's Trusted Partners:
<http://healthychild.org/live-healthy/shop-healthy/all>

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

- In New York City, call the Mount Sinai PEHSU at [1-866-265-6201](tel:1-866-265-6201)
- Or Visit the national PEHSU website: <http://www.aoec.org/pehsu/findhelp.html>

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
- For general emergencies, see the New York State Department of Health Emergency Preparedness Webpage: <http://www.health.state.ny.us/environmental/emergency/>

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

- Contact Poison Control: <http://www.aapcc.org/dnn/default.aspx>
- Visit the New York City Department of Health Chemical Facts and Information: <http://www.health.state.ny.us/environmental/chemicals/index.htm>
- Learn more from ATSDR ToxFAQs: <http://www.atsdr.cdc.gov/toxfaqs/index.asp>

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://cfpub.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/siting>
- To learn about the Healthy Schools Network, see: <http://www.healthyschools.org>
- To learn about Healthy Schools Campaign, see: <http://www.healthyschoolscampaign.org>

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

- Children's Environmental Health Center: <http://www.cehcenter.org>
- LEAP: <http://www.ribbet.org>
- New York City Department of Health: <http://www.nyc.gov/health>
- New York State Department of Health: <http://www.health.state.ny.us>
- 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>

The Mount Sinai Children's Environmental Health Center and the Pediatric Environmental Health Specialty Unit do not endorse any of these websites or the products they sell.