

## Easy Steps you can take for a Safer and Healthier Home

Many everyday items found around our homes can emit chemicals that when combined together create a toxic cocktail inside our homes. This chemical tide often makes our homes' indoor air more polluted than the outside.

The increasing prevalence of many modern day illnesses and allergies is being linked to chemicals that we are exposed to in our homes. It is now widely recognized that babies and young children are at greatest risk from these chemical exposures, which can have life-long impacts on their health and ability to learn.

Detox Your Home provides an easy room by room guide to healthy home solutions that reduce you and your family's exposure to harmful chemicals. Many of the alternatives suggested are low or no cost and require only simple changes to your household routine.

You can download the sixteen page Detox Your Home booklet [here](#) or order your copy by contacting the Safer Solutions project at Total Environment Centre on 02 9261 3437 or email: [safer.solutions@tec.org.au](mailto:safer.solutions@tec.org.au).