



## Tips to reduce exposure to toxic chemicals in carpets and furniture:

- Wash hands frequently with soap and water.
- Keep dust levels down by damp dusting, mopping and vacuuming using a vacuum cleaner that has high efficiency particulate air (HEPA) filter.
- Replace vacuum cleaner HEPA filters routinely.
- Place a door mat at all outside entrances and encourage wiping shoes or removing shoes prior to entering.
- Clean area rugs at least twice a year using fragrance-free third party certified cleaning products.
- If possible, choose solid wood furniture. Avoid use of pressed wood products with glues that contain urea-formaldehyde resins.
- Dispose of or mend with duct tape torn foam items such as cushions or pillows.
- When purchasing new furnishings (upholstered furniture, curtains, carpets, etc.) seek options that do not contain stain-resistant coatings.

## Tips to reduce exposure to flame retardant chemicals:

- Wash hands often, especially before eating or preparing food.
- To reduce indoor levels of dust, use a vacuum with a HEPA filter, or a wet mop, and dust with a damp cloth.
- Select products for children made out of polyester or wool instead of foam. These materials are less likely to contain flame retardants.
- When selecting furniture look for the TB117-2013 label stating the item does not contain flame retardants.
- Replace upholstered furniture that has a TB117 label.
- Avoid using carpet padding made from recycled material or polyurethane foam.

For more information, visit the following:

- [Cancer and the Environment of Southwestern Pennsylvania, Chemical Fact Sheets: Per-and Polyfluoroalkyl Substances \(PFAS\)](#)
- [Cancer and the Environment of Southwestern Pennsylvania, Chemical Fact Sheets: Flame Retardants](#)