

# Protect your health and the environment

Simple changes you can make around the house.

Each of us plays an important role in keeping our waterways healthy. From the products we purchase to how we dispose of them, our choices impact what ends up in our water.

Below are some actions you can take to help keep our water healthy and safe.

## In the Bathroom

- Only flush toilet paper, everything else goes in the trash.
- Don't flush prescription drugs or other medications.



### WHEN SHOPPING:

- Choose products with the EWG VERIFIED™ mark.
- Avoid products with plastic micro-beads, synthetic fragrances, parabens, or phthalates.



## In the Garden

- Use pesticides carefully and as a last resort.
- If you must, spot-spray on pests; don't spray pesticides over large areas.
- Dispose of pesticides at your local household hazardous waste facility.
- Scoop, bag, and trash pet waste.

### WHEN SHOPPING:

- Choose neem oil as a natural pesticide.

## In the kitchen

- Put fats, oils, grease, and grit in the trash—not down the sink.
- Cook at lower temperatures if using older non-stick pans.

### WHEN SHOPPING:

- Look for products with the EPA Safer Choice label.
- Choose stainless steel, cast-iron, or cookware with a ceramic coating.
- Avoid products with "PTFE" or "FLOURO."



For more information, contact:

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