

## **Ten Practical Tips To Reduce Everyday Exposures to Carcinogens**

1. Avoid exposure to second hand smoke at home, especially of children. Ask smokers not to smoke in your home.
2. Avoid the use of chemical pesticides in and around the home. If you have a pest problem indoors, ask the pest control company to use Integrated Pest Management methods that don't require the use of pesticide sprays.
3. Avoid strenuous physical activity near high traffic areas and during rush hour. Bicycle on routes with reduced vehicle traffic. Run, jog or walk in parks or residential streets rather than in high traffic areas.
4. Try not to idle your vehicle at all, especially near schools and daycares. Toronto's Idling By-law prohibits idling for more than 3 minutes.
5. If you have a wood-burning fireplace or woodstove, make sure you use only clean wood (unpainted and untreated wood that is intended for use as firewood). Ensure sure your unit is functioning properly through an annual inspection. Consider switching to a natural gas fireplace, or a CSA or EPA-approved wood burning appliance.
6. Where possible, avoid the purchase of clothes that require dry cleaning, or look for cleaners that use a water-based process to clean clothes.
7. When barbecuing meats, avoid inhaling fumes or smoke. Avoid excessive consumption of barbecued meats.
8. Reduce your use of solvent-based paints, cleaning products and hobby materials. If these products must be used, be sure to use them in a well-ventilated area away from children.
9. Make sure that you and family members wash hands carefully after working outside in the garden. Take shoes off at the door to avoid tracking in polluted soil or dust.
10. Stay out of direct exposure to the sun, especially between 11 a.m. and 3 p.m. Take special precautions with children. Wear sunscreen and protective clothing when in the sun.