

Protect **KIDS** FROM **TOXINS**

Keep toxins out of your **HOME**

- Keep your home and car smoke-free
- Use non-toxic cleaning products
- Choose low-odor paint
- Wipe your feet and leave your shoes at the door



Keep toxins out of your **YARD**

- Avoid using weed and bug killers
- Avoid "weed & feed" products
- Cover bare dirt

Keep toxins out of **YOU!**

- Wash your hands well and often
- Wash fruits and vegetables
- Choose organic food when possible
- Eat fish low in mercury



To learn more, call Thurston County Public Health and Social Services, Environmental Health Division at 360-754-4111 or visit our website at www.co.thurston.wa.us/health/kids.