San Francisco Healthy Homes Program

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Purpose of Healthy Homes
Toxic chemicals
Vulnerable and high burden populations
Community outreach efforts
Healthy Homes presentations — Simple actions
Healthy Homes presentations — Safer cleaning
Giveaways

Managing Pests in Your Home

Working together to safely control pest populations
Recipients of presentations
Tips for Healthy Homes

You have a smoke alarm and a fire extinguisher. You’ve got a first aid kit and flashlight. You might even have double-locks on the doors and an alarm system. By traditional accounts your home is safe. Or is it?

Your home may not be as safe as you think, particularly from exposure to toxic chemicals. But it can be. Here are tips to get you started towards a healthier home.

Tip #1: How can I clean my home without toxic products?
Tip #8: Fragrance

When I see "fragrance" listed on the ingredients of a product should I be concerned?

Maybe. Try to look for products that do not contain "fragrance," "perfumes," "parfum", or "phthalates."

Of the fragrances tested, many contain phthalates, which studies show cause reproductive harm such as sperm damage, reduced testosterone, and even premature birth. Manufacturers are not required to list what chemicals are in their fragrance, so you can’t know for sure if no harmful chemicals are present.

Using the Precautionary Principle as a guide, avoid products that contain the word “fragrance” in the ingredients to avoid potential harm.

Additional Resources
Pet tip

Tip #16: How can I avoid toxic pet products?

Pet products can pose a threat to human and pet health. More >
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Today may be #NationalTeflonDay, but let's #DitchNonStick cookware because it can pose a health hazard. Instead, opt for safer alternatives like cast iron and stainless-steel cookware.

To learn more about safer cookware and ways to reduce your exposure to toxic chemicals, visit SFE's Tips for Healthy Homes: https://sfenvironment.org/.../should-i-be-concerned-about...
Tabling and community events
Healthy homes, families, and City
Thank you!

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