

# Companion Resource Guide for the *Reducing Chemical Exposures in Your Daily Life* Web Training

This document is a resource guide intended to accompany the online training [Reducing chemical exposures in your daily life](#) developed by the New Hampshire Department of Environmental Services and the Geisel School of Medicine at Dartmouth. The training provides a broad overview of actions that you can take to reduce or avoid exposure to harmful chemicals in your home, drinking water, food and consumer products.

This resource guide supports deeper exploration of specific topics of interest. Where possible resources from New Hampshire state government agencies are featured first, then information from federal agencies, non-profit or non-governmental agencies, or academic institutions are shared.

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Environmental  
Services

# 1 Home Environment

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## 1.1 Environmental Allergens:

- Pollen: <https://www.cdc.gov/climateandhealth/effects/pollen-health.htm>
- Dust mites: <https://aafa.org/allergies/types-of-allergies/insect-allergy/dust-mite-allergy/>
- Pet Allergens: <https://aafa.org/allergies/types-of-allergies/pet-dog-cat-allergies/>
- Cockroaches: <https://nchh.org/information-and-evidence/learn-about-healthy-housing/health-hazards-prevention-and-solutions/cockroaches/>
- Mold
  - U.S. Environmental Protection Agency (EPA) recommendations for mold cleanup and remediation: <https://www.epa.gov/mold/mold-cleanup-your-home>
  - The benefits of air duct cleaning as part of mold remediation are not fully understood at this point in time, but the U.S. EPA has prepared a detailed summary to help individuals understand whether air duct cleaning may be right for their home and family: <https://www.epa.gov/indoor-air-quality-iaq/should-you-have-air-ducts-your-home-cleaned>

## 1.2 Radon

- NH Department of Health and Human Services (DHHS) Radon Testing Information: <https://www.dhhs.nh.gov/programs-services/environmental-health-and-you/radon/testing-radon>
- New Hampshire residents can request a free radon test kit: <https://www.dhhs.nh.gov/programs-services/environmental-health-and-you/radon>
- NH DHHS Resources to support radon mitigation are available: <https://www.dhhs.nh.gov/programs-services/environmental-health-and-you/radon/fixing-radon-mitigation>
- U.S. Centers for Disease Control and Prevention – How does radon get into your home? <https://www.cdc.gov/radon/radon-facts.html>

## 1.3 Residential Wood Burning

- NHDES Home Wood-Burning Appliances Information: <https://www.des.nh.gov/home-and-recreation/air-quality/home-wood-burning-appliances>
- University of New Hampshire (UNH) Extension – Heating your home with wood: <https://extension.unh.edu/natural-resources/forests-trees/woodlot-management/heating-your-home-wood>
- U.S. EPA’s Burn Wise website: <https://www.epa.gov/burnwise/your-wood-stove-certified-how-tell>

## 1.4 Indoor Air Quality and Air Filters

- What is a High Efficiency Particulate Air (HEPA) filter? <https://www.epa.gov/indoor-air-quality-iaq/what-hepa-filter>
- Do-It-Yourself Corsi-Rosenthal Box : <https://www.webmd.com/allergies/corsi-rosenthal-box>
- Environmental Working Group’s Healthy Living Home Guide to Air Filters: <https://www.ewg.org/healthyhomeguide/air-filters/>

## 1.5 Lead in Household Paint and Fixtures

- NH DHHS Lead Poisoning and Prevention Program: <https://www.dhhs.nh.gov/programs-services/environmental-health-and-you/lead-poisoning-prevention-program>
- UNH Extension Lead Soil Screening: <https://extension.unh.edu/resource/lead-screening-nh-soils-minimizing-health-risks-fact-sheet#:~:text=On%20home%20garden%20and%20lawn,to%20help%20reduce%20your%20risk>

## 1.6 Stain-Resistant Carpeting and Furniture

- Learn more about PFAS in New Hampshire: <https://www.pfas.des.nh.gov/sites/g/files/ehbemt586/files/inline-documents/2022-09/pfas-in-nh.pdf>
- PFAS Central maintains a database of PFAS free consumer products that can assist consumers in choosing products that do not contain these chemicals: <https://pfascentral.org/pfas-free-products/>
- CHEM Trust Guide to Furniture, Carpets, and Other Fabrics: <https://chemtrust.org/furniture/> (Note that CHEM Trust is based in the United Kingdom, so not all advice is directly applicable to consumer products in the U.S. due to differences in regulation of chemicals).

## 1.7 Reducing Dust in the Home

- Why is eliminating dust health protective? <https://www.nrdc.org/resources/not-just-dirt-toxic-chemicals-indoor-dust>
- Environmental Working Group's Healthy Living Home Guide to Reducing Household Dust: <https://www.ewg.org/healthyhomeguide/reducing-household-dust/>

# 2. Water and Diet

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## 2.1 Household Drinking Water

- Check the Consumer Confidence Report, an annual drinking water quality report from your public water supplier: <https://ordspub.epa.gov/ords/safewater/f?p=136:102>
- Selecting the right option, a NHDES factsheet to help you to understand water treatment options: <https://www.des.nh.gov/sites/g/files/ehbemt341/files/documents/EHP-21-03.pdf>
- Learn more about common drinking water contaminants:
  - NHDES drinking water contaminant factsheets: <https://www.des.nh.gov/water/drinking-water>
  - Arsenic is a common drinking water contaminant in private wells in New Hampshire – Dartmouth's Superfund Basic Research Program created Arsenic and You to help people understand water and food sources of arsenic: <https://sites.dartmouth.edu/arsenicandyou/>
- NHDES will provide a one-time rebate to private well users for up to \$5,000 for the installation of PFAS treatment (point-of-use or point-of-entry) or up to \$10,000 for a service connection to a public water system: <https://www.pfas.des.nh.gov/funding/pfas-removal-rebate-program-private-wells>

## 2.2 Safer Food Choices

- Food Packaging and Ultra-Processed Food

- Natural Resource Defense Council – 4 Ways to Avoid Toxic Chemicals in Food Packaging: <https://www.nrdc.org/stories/4-ways-avoid-toxic-chemicals-food-packaging>
- PFAS Central (see Foodware): <https://pfascentral.org/pfas-free-products/>
- What are ultra-processed foods? <https://www.health.harvard.edu/blog/what-are-ultra-processed-foods-and-are-they-bad-for-our-health-2020010918605>
- Environmental Working Group’s info on food containers: <https://www.ewg.org/areas-focus/household-consumer-products/cookware-food-containers>
- CHEM Trust <https://chemtrust.org/food-packaging/> (Note that CHEM Trust is based in the United Kingdom, so not all advice is directly applicable to consumer products in the U.S. due to differences in regulation of chemicals).
- Pesticides on Produce
  - Pesticide Data Program Factsheet: <https://www.ams.usda.gov/publications/content/pesticide-data-program>
  - Environmental Working Group’s Produce Guides
    - Dirty Dozen: <https://www.ewg.org/foodnews/dirty-dozen.php>
    - Clean Fifteen: <https://www.ewg.org/foodnews/clean-fifteen.php>
- Fish and Seafood Consumption
  - NHDES Fish Consumption Guidance: <https://www.des.nh.gov/home-and-recreation/boating-and-fishing/fish-consumption>
  - NHDES Shellfish Harvesting: <https://www.des.nh.gov/water/coastal-waters/shellfish>
  - U.S. EPA & U.S. Food and Drug Administration (FDA) Advice for Pregnant People and Children Populations: <https://www.epa.gov/fish-tech/epa-fda-advice-about-eating-fish-and-shellfish>
- Safer food container and cook/bakeware choices
  - Environmental Working Group’s info on cookware: <https://www.ewg.org/areas-focus/household-consumer-products/cookware-food-containers>
  - PFAS Central (see Foodware): <https://pfascentral.org/pfas-free-products/>
- Deer Meat Safety Tips from NH Fish and Game Department: <https://www.wildlife.nh.gov/hunting-nh/deer-hunting-new-hampshire/deer-meat-safety-precautions>
- Foraging
  - NH State Parks blogpost about foods that can be foraged in New Hampshire: <https://blog.nhstateparks.org/5-foods-you-can-find-foraging-in-new-hampshire/>
  - NH State Parks blogpost about foraging mushrooms, including safety tips: <https://blog.nhstateparks.org/foraging-for-fungi-on-the-forest-floor/>
- UNH Extension Home Gardening: <https://extension.unh.edu/agriculture-gardens/yard-garden>

## 3. Consumer Products

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### 3.2 Safer Cleaning Products

- U.S. EPA Safer Choice Program: <https://www.epa.gov/saferchoice>
- Environmental Working Group’s Guide to Health Cleaning: <https://www.ewg.org/guides/cleaners/>
- Environmental Working Group’s Healthy Living Home Guide to Cleaners & Air Fresheners: <https://www.ewg.org/healthyhomeguide/cleaners-and-air-fresheners/>

- CHEM Trust Guide to Cleaning Products: <https://chemtrust.org/cleaning-products/> (Note that CHEM Trust is based in the United Kingdom, so not all advice is directly applicable to consumer products in the U.S. due to differences in regulation of chemicals).

### 3.3 Personal Care Products

- Skin Deep guide for safer personal care products: <https://www.ewg.org/skindeep/>
- Campaign for Safe Cosmetics: <https://www.safecosmetics.org/chemicals/>
- CHEM Trust Guide to Toiletries, Cosmetics and Menstrual Products: <https://chemtrust.org/cosmetics/> (Note that CHEM Trust is based in the United Kingdom, so not all advice is directly applicable to consumer products in the U.S. due to differences in regulation of chemicals).

## 4. Additional Resources

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### 4.1 New Hampshire Environmental Health Resources and Trainings

- New Hampshire Environmental Health Resource Guide
  - Introduction to the Guide: [https://www.youtube.com/watch?v=8SjkKg\\_UclM](https://www.youtube.com/watch?v=8SjkKg_UclM)
  - Guide: <https://www.des.nh.gov/blog/environmental-health-guide>
- Understanding Environmental Contamination and Risk (web training): <https://www.youtube.com/watch?v=mCvtUR9x128>
- NHDES Events Calendar: <https://www.des.nh.gov/events>

### 4.2 General Information on Reducing Exposure to Environmental Contaminants

- Silent Spring's DetoxMe app and website provides many tips for reducing your exposure to harmful chemicals: <https://web.detoxmeapp.org/>
- Environmental Working Group is a nonprofit, nonpartisan organization with a mission to support making informed choices for a health life and healthy environment, offering many guides and decision aids related to environmental health concerns in daily life: <https://www.ewg.org/>  
Consumer guides can be found at: <https://www.ewg.org/consumer-guides>.