

THE HAYWARD HOLIDAY PROTOCOL

QUICK TIPS FOR HEALTHY INDOOR AIR DURING THE HOLIDAYS!

COOK (AND CLEAN) FOR A HEALTHY HOLIDAY

One of the best parts of the holidays is sharing a meal with loved ones. But all cooking, regardless of stove or food type, emits particles and gaseous air pollutants impacting air quality and possibly health. Add to that increased cleaning frequency and your holiday kitchen becomes more like a chemistry lab. Fortunately, there are simple solutions:

- **Run your Range Hood Fan every time you Cook (including roasting & boiling!)** Cook on the back burners to make your range hood up to 2x as effective.
- **Choose Less-Toxic, Non-Fragranced Cleaning Products.** Avoid products with bleach, chlorine, and added fragrance.
- **Choose Less-Toxic Pots and Pans** Skip non-stick, teflon, aluminum, and coated enamel cookware in favor of stainless steel, cast iron, and glass.
- **Avoid High Temps and Charred Food** Keep cooking temps between 284 F to 356 F (140 C to 180 C), below the smoke point of your cooking oil.

DECORATING FOR THE HOLIDAYS

For many, it just wouldn't be the holidays without decorations. Unfortunately, studies have shown that many seasonal products - from spray on snow and artificial trees, to scented candles and lighted garlands - contain harmful chemicals, including lead. While brief exposure over the holidays is unlikely to have a serious impact on any, the most chemically sensitive or asthmatic, long-term exposure to chemicals isn't healthy for anyone. Safer choices are easy to make!

WHAT IS IN YOUR HOLIDAY DECOR?



Lighted garlands, artificial trees
Lead, PVC Plastic



Scented candles
Phthalates, Chemical Fragrances



Spray-on-snow
Acetone and Methylene



Fireplace smoke
Benzene, Formaldehyde, PAHs



Fabric decorations
Flame retardants

TIPS FOR LIMITING EXPOSURE:



Always wash hands after handling decorations.



Choose candles that are unscented, made of 100% natural soy or beeswax, and have cotton or paper wicks.



Use less-toxic alternatives, such as paper snowflakes, for decorations.



If you do have a fire, only burn dry, seasoned wood. Do not burn wrapping (or any colored) paper, empty boxes, or plastics.



Swap out old decorations for ones that you are sure are free of lead, mercury, flame retardants, and other toxins.

'Tis the season to buy fresh batteries for your low-level CO and smoke detectors! Don't already have them? Buy them - they are one of the healthiest gifts you can give!

KEEP A HEALTHY HOME FOR THE HOLIDAYS

The "most wonderful time of the year" is not complete without family and friends! But wet weather outside, more guests and cooking inside, and closed windows and doors add up to increased moisture, pollutants, and risk of mold.

KEEP YOUR HOME HEALTHY:

- **Ventilate.** With a full house, run your kitchen and bath fans continuously and keep a window cracked open (it should be open enough to feel air flow on the back of your hand but not so much that you feel a draft).
- **Keep dry.** Keep wet boots contained on a waterproof mat by the door, dry off wet spots when you see them, and don't put coats and clothes away damp.