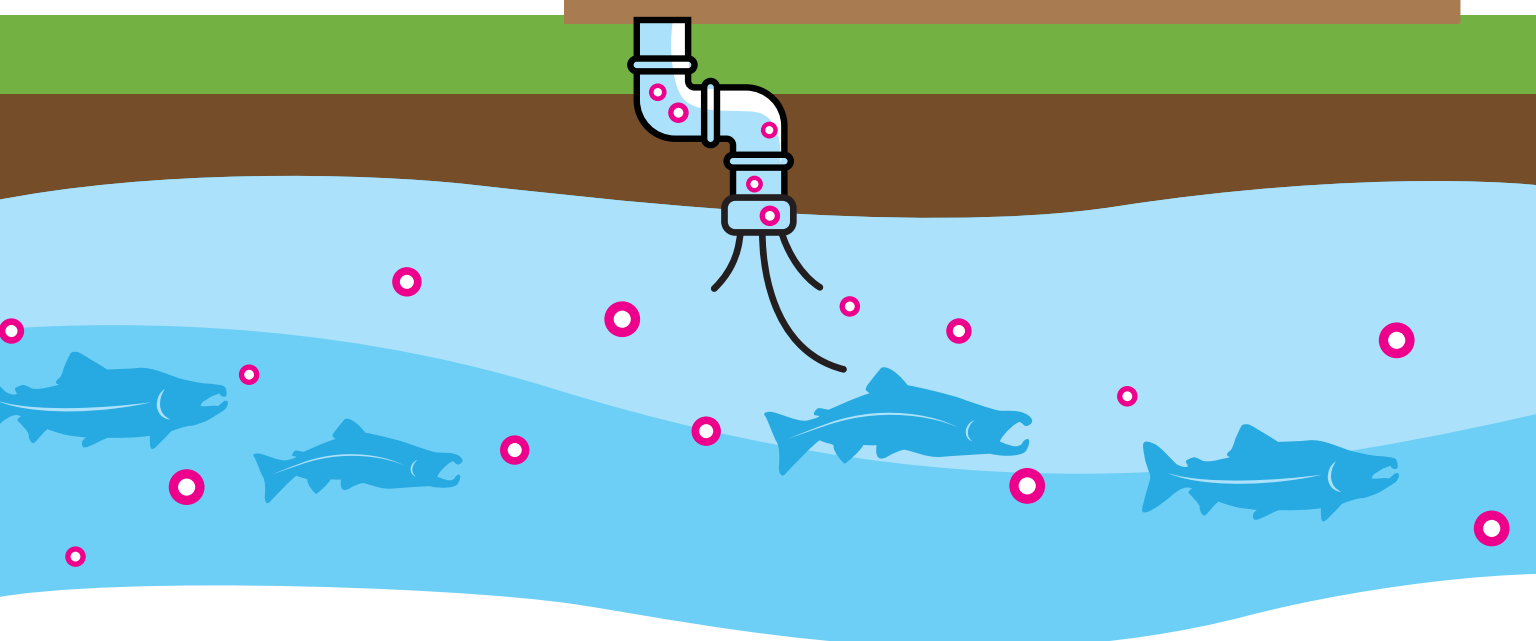


# Help keep the Columbia clean without even leaving home!

Harmful chemicals found in furniture, electronics, personal care products, and other household items can accumulate in the environment and our bodies. They may go down the drain, but they don't go away. Studies show pharmaceuticals, detergents, flame retardants, and other hormone-mimicking compounds pass through wastewater treatment plants and contaminate the Columbia River.<sup>1</sup>

**Follow these tips to protect your health and the Columbia.**



## Save the river from your couch!

Flame retardants from furniture, foam, children's products, electronics, and insulation migrate out into dust, food, and water.<sup>2</sup>

- Vacuum with a HEPA filter and wet mop to reduce indoor dust.
- Look for a **TB 117-2013** label stating an item does not contain flame retardants.



## Skip the Antimicrobials!

Research shows antibacterial products provide no benefits over plain soap and water.<sup>3</sup>

- Wash your hands but avoid products labeled antimicrobial, antibacterial, or anti-odor because they can contain harmful antimicrobial chemicals.
- Watch for antimicrobials in dishwashing detergents, body washes, deodorants, toothpaste and even cutting boards, shower curtains, and mattresses.

## Nonstick sticks around!

Many nonstick, waterproof, and stain-resistant products contain highly fluorinated chemicals. While they seem convenient these products can be harmful.<sup>4</sup>

- Avoid "perfluor-", "polyfluor-", and "PTFE" in ingredient labels.
- Use cast iron, glass, or ceramic cookware, instead of nonstick or Teflon™.
- Avoid highly fluorinated chemicals in carpets and furniture, clothing, food packaging, nonstick cookware, and cosmetics.

<sup>1</sup> <https://www.epa.gov/columbiariver/chemicals-emerging-concern-columbia-river>

<sup>2</sup> [https://www.epa.gov/sites/production/files/2014-06/documents/flameretardant\\_consumerfactsheet.pdf](https://www.epa.gov/sites/production/files/2014-06/documents/flameretardant_consumerfactsheet.pdf)

<sup>3</sup> <https://www.fda.gov/consumers/consumer-updates/antibacterial-soap-you-can-skip-it-use-plain-soap-and-water>

<sup>4</sup> <https://www.epa.gov/pfas/basic-information-pfas#health>

