

In the Basement

Help reduce your contact with chemicals during pregnancy



Have your gas or oil furnace inspected once a year to make sure it's not putting out too much **carbon monoxide**.

Some cleaning products and products used for hobbies or crafts may have chemicals that can evaporate in the air. If anyone is using these products in your home, **open a window or turn on a fan**. **Wear gloves** while using these products. Keep products closed and sealed when no one is using them.

Never use fuel-burning devices inside your home, garage, or any other enclosed space. Devices such as generators, pressure washers, grills, or camp stoves can release carbon monoxide (CO) into the air.

Learn more ways to help reduce your contact with chemicals while you're pregnant.

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