

# In the Home

Help reduce your contact with chemicals during pregnancy



**Ask people not to use tobacco products in your home.** If you use tobacco products, **talk to your doctor about ways to quit.** Tobacco products, including e-cigarettes or vapes, have harmful chemicals.

**Ask a trusted adult who's not pregnant to dust** by wiping off windowsills and shelves with a damp cloth. Dust may have **lead** or other harmful chemicals in it.

**when they come into your home.** That way, they won't track **chemicals** in from outside.

**Wash fruits and vegetables** for 15 to 30 seconds before you eat or cook with them. Just use running water — not soap, dishwashing liquid, bleach, or other cleaning products.

**Keep food and trash in sealed containers.** This will help keep bugs, mice, and other pests away so you won't need to use **pesticides**.

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

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