

Outside the Home

Help reduce your contact with chemicals during pregnancy



Keep lawn mower gas — or any other type of fuel — away from your home. For example, store fuel in a shed instead of a basement or attached garage.

Check the Air Quality Index (AQI) before spending time outdoors, especially if you're planning to do intense physical activity outside. If there are high levels of pollution in the air, try exercising inside.

Keep woodpiles and trash cans far away from your home. Seal any cracks in the outside walls of your home. These steps will help keep pests out.

If you have a yard, choose grasses and plants that are natural to your area and grow well without chemicals.

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

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