

In the Bathroom

Help reduce your contact with chemicals during pregnancy



Open a window or turn on the bathroom exhaust fan when using cleaning products so you'll breathe in less of the fumes.

Look for products marked “fragrance free” instead of “unscented.” Some “unscented” products use a mix of different chemicals to hide the smell of other ingredients.

Always follow the directions on your personal care products. Use no more than the amount recommended on the package.

Ask a trusted adult who's not pregnant to clean for you. That way, you won't breathe in cleaning chemicals or dust that may have lead or other harmful chemicals in it.

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

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