

BEWARE!

EDCs

TOXIC CHEMICALS IN EVERYDAY LIFE



You can protect yourself
HOW?

You'll find out in our brochure.

2ND EDITION FROM
"I'M PREGNANT"



NESTBAU



Just scan
QRCode



English



Deutsch



Français



Türkçe





SIMPLE WAYS TO REDUCE EVERYDAY HAZARDOUS CHEMICALS

1

Eat healthy! Buy fresh, unpackaged food, if possible – regional, seasonal and organically grown.

2

Avoid plastics. You'll reduce waste and exposure to hazardous chemicals.

3

Avoid using spray cans, hair dye, perfumes, synthetic fragrances and nail varnishes.

4

Less is more: choose certified organic products. Use cleaning products sparingly.

5

Ventilate regularly to get rid of hazardous chemicals. Scented candles, room sprays and toilet blocks unnecessarily pollute your home.

6

For more information follow the QRCode or visit us: www.nestbau.info or download our app "giftfrei einkaufen"