

# The Healthier Classroom Checklist

## Environmental Health Guidance for Teachers

- CLEAR UP CLUTTER:** Clutter can attract dust, create a home for pests, and block fresh air from entering the classroom. Sort your piles, and find storage solutions for the rest.
- FRESH AIR:** Children need fresh air to keep them alert. Make sure that ventilators are working and vents are not covered. And don't forget to open the windows!
- SMOKING:** If you smoke, limit it to non-school hours, as some of the respiratory irritants in smoke cling to your clothes.
- HAND SOAPS:** If you bring in your own, choose a kind that is fragrance-free, dye-free and not antibacterial.
- AIR FRESHENERS:** Air fresheners contain respiratory irritants. Avoid using them in the classroom. This includes aerosols, plug-ins, and scented candles.
- PERSONAL PRODUCTS:** Use perfume, cologne, and scented products in moderation, and switch to unscented products if possible.
- CLEANING & DISINFECTING PRODUCTS:** If you bring in your own cleaning products, make sure they are certified as environmentally preferable by GreenSeal or EcoLogo. Use disinfectants sparingly, as they are respiratory irritants. Remember, disinfectants don't clean, and cleaners don't disinfect!
- CLASSROOM SUPPLIES:** Use alternatives to vinyl-containing products such as binders, window/wall decals, and modeling clays.
- PERMANENT & DRY ERASE MARKERS:** These contain numerous toxic chemicals that become airborne when used. Limit their usage, especially by students; don't leave caps off; increase ventilation when in use; and buy the type that are labeled "low odor."
- FOOD IN CLASSROOMS:** Food attracts pests, and pests can trigger asthma and allergies. Make sure food is fully disposed of and removed, or enclosed in tightly sealed containers.
- CLASSROOM ANIMALS:** Dander can trigger asthma and allergies. Limit or eliminate classroom animals, or keep only cold-blooded animals like reptiles or fish.

### We Need Your Help!

We want to make our schools healthier and safer for all of us, but especially children. All of the actions below can improve children's ability to learn by creating a healthier environment. The healthier kids are, the better they learn.

### Keep Your Eyes Peeled

You can help prevent small problems from becoming big problems. Report maintenance and custodial issues promptly, such as water leaks, stained ceilings, condensation, spills, malfunctioning ventilation equipment, pests or evidence thereof, unusual smells or fumes, or anything else you think is a potential health concern.

MOMS  
clean air  
FORCE

[moms-clean-air-force.org](http://moms-clean-air-force.org)