Did you know that chemicals are everywhere: in air, soil, water, products and food? In fact, every day, we are exposed to a number of chemicals that can enter the body through eating, breathing or skin contact. The presence of a chemical substance in the body does not always affect your health. The risks posed by chemical substances depend on several factors, including :

* the amount you're exposed to
* the type of chemical or pollutant
* when and how long you are exposed
* your age and general state of health
* how you are exposed (through air, products, food, water and soil).

Additionally, certain groups of people such as children and pregnant people, may be more sensitive to chemical exposure.

In the chart below, you will find a vast selection of infographics, guides and videos. These resources have been developed to inform the general public about the health effects of certain chemicals and how to reduce their risks. I hope these resources will encourage discussions between you and program participants on subjects that are not always well known.

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| --- | --- |
| **Subject of the product or page** | **English link** |
| Healthy-home guide | [healthy-home-guide.pdf (canada.ca)](https://www.canada.ca/content/dam/hc-sc/documents/services/healthy-home/guide/healthy-home-guide.pdf) |
| Tips for renters | [chemicals-pollutants-home-tips-for-renters.pdf (canada.ca)](https://www.canada.ca/content/dam/hc-sc/documents/services/healthy-home/guide/chemicals-pollutants-home-tips-for-renters.pdf) |
| for pregnancy and preparing for baby | [chemicals-pollutants-home-tips-pregnancy-preparing-for-baby.pdf (canada.ca)](https://www.canada.ca/content/dam/hc-sc/documents/services/healthy-home/guide/chemicals-pollutants-home-tips-pregnancy-preparing-for-baby.pdf) |
| 10 tips for a healthy home | [Tips to protect your family from chemicals and pollutants - Canada.ca](https://www.canada.ca/en/health-canada/services/healthy-home/ten-tips.html) |
| Asbestos in the home | [Infographic: Asbestos in the home - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/asbestos-home-infographic-2018.html) |
| Lead in water - Cleaning the faucet aera | [Infographic: Cleaning faucet aerators - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-cleaning-faucet-aerators.html) |
| Finding a drinking water filter | [Infographic: Finding a drinking water filter - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-finding-drinking-water-filter.html) |
| Talc | [The final screening assessment of talc concludes that it is harmful to human health - infographic - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/talc-infographic.html) |
| Mould | [Mould: What it is, causes, health effects, at risk, in your home, prevent (infographic) - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-mould.html) |
| Carbon monoxyde | [Infographic: Carbon monoxide - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-carbon-monoxide.html) |
| Maintain and improve indoor air quality | [Infographic: Maintain and improve indoor air quality - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-improve-indoor-air-quality.html) |
| Volatile organic compounds | [Volatile organic compounds - Canada.ca](https://www.canada.ca/en/health-canada/services/air-quality/indoor-air-contaminants/volatile-organic-compounds.html) |
| Air purifier and wildfire smoke | [Wildfire smoke 101: Using an air purifier to filter wildfire smoke - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/using-portable-air-cleaner-wildfire-smoke.html) |
| Cooking and indoor air quality | [Factsheet: Cooking and indoor air quality - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/factsheet-cooking-and-indoor-air-quality.html) |
| Radon gas : it’s in your home | [Radon gas: it's in your home - Canada.ca](https://www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/radiation/radon-your-home-health-canada-2009.html) |
| Should I test for radon | [Should I test for radon? (infographic) - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/health-risks-safety/should-test-radon.html) |
| Radon – what you need to know | [Radon - What you need to know - Canada.ca](https://www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/radon-what-you-need-to-know.html) |
| Radon- Video | [What is radon? - Canada.ca](https://www.canada.ca/en/health-canada/services/video/what-is-radon.html" \t "_blank)  [Radon – What you need to know – Canada.ca](https://www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/radon-what-you-need-to-know.html) |
| Proper application of sunscreen – video | [Proper application of sunscreen: How to apply it - Canada.ca](https://www.canada.ca/en/health-canada/services/video/sunscreen-how-to.html) |
| Sunscreen tips | [Poster: SUNSCREEN Tips - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/drugs-health-products/sunscreen-tips-poster.html) |
| Three ways to protect you during an extreme heat event | [Three ways to protect you and your loved ones during an extreme heat event - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/three-ways-protect-extreme-heat-event.html) |
| Keep children cool | [Keep children cool! Protect your child from extreme heat - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/keep-children-cool-extreme-heat.html) |
| Staying healthy in the heat | [Infographic: Staying Healthy in the Heat - Canada.ca](https://www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-staying-healthy-heat.html) |
| Food guide snapshot | [Food guide snapshot - Canada's Food Guide](https://food-guide.canada.ca/en/food-guide-snapshot/) |
| Healthy eating recommendations | [Healthy eating recommendations - Canada's Food Guide](https://food-guide.canada.ca/en/healthy-eating-recommendations/" \t "_blank) |
| Food safety for pregnant | [Food safety for pregnant women - Canada.ca](https://www.canada.ca/en/health-canada/services/food-safety-vulnerable-populations/food-safety-pregnant-women.html) |
| Safety is in the numbers | [Poster: Safety is in the numbers - Canada.ca](https://www.canada.ca/en/services/health/publications/food-nutrition/infographic-safe-internal-temperatures.html) |
| Is your child safe? | [Is Your Child Safe? - Canada.ca](https://www.canada.ca/en/health-canada/services/consumer-product-safety/reports-publications/consumer-education/your-child-safe/is-your-child-safe.html) |
| Is your child safe? Sleep time | [Is Your Child Safe? Sleep Time - Canada.ca](https://www.canada.ca/en/health-canada/services/consumer-product-safety/reports-publications/consumer-education/your-child-safe/sleep-time.html) |
| Is your child safe? Play time | [Is Your Child Safe? Play Time - Canada.ca](https://www.canada.ca/en/health-canada/services/consumer-product-safety/reports-publications/consumer-education/your-child-safe/play-time.html) |
| Visible & Kissable | [Visible & Kissable - Health Canada - Canada.ca](https://www.canada.ca/en/health-canada/services/consumer-product-safety/reports-publications/consumer-education/visible-kissable.html) |