Formaldehyde

Formaldehyde is a chemical that is known to cause cancer in humans.

Common sources of formaldehyde exposure:



Formaldehyde exposure is bad for your health.

Low exposure	Repeated exposure	Prolonged exposure
Burning sensation in the eyes, nose, and throat Coughing, wheezing Nausea Skin irritation	Bronchitis Skin allergies, rashes Asthma-like allergies like coughing, wheezing, chest tightness	Nasal or sinus cancers Leukemia

Formaldehyde exposure can be prevented.

- Choose low volatile organic compounds (VOC) paints and adhesives.
- Open windows or use a fan to ventilate rooms, especially when painting.
- Ensure fireplaces and wood stoves are not leaking exhaust inside the house.
- · Wash new clothing and bedding and avoid wrinkle-free fabrics.
- Purchase solid wood furniture and air out items containing manufactured wood before bringing into your home.
- Do not smoke.



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