

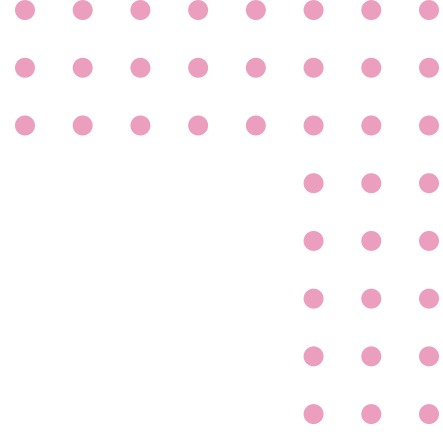
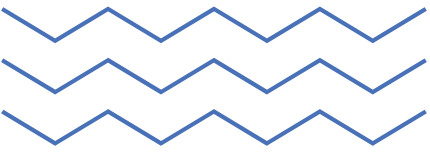
Children's Environmental Health

SOCIAL MEDIA TOOLKIT

INSIDE... You'll Find Health Posts & Reels
That You Can Use and Share on Your Own Accounts!

*From The Center for Children's Health Assessment, Research
Translation, & Combating Environmental Risk (CHARTER)*





This social media toolkit includes graphics and resources you can use to share information about [Children's Environmental Health](#) on Instagram and Facebook, tailored for families.

How to Use This Toolkit:

Feel free to use these posts and customize the colors or images to better align with your branding and audience. Keep in mind each post went through a vigorous health literacy review for wording and images. Our Table of Contents organizes the posts/ reels by topic area.

We kindly ask that you:

- Tag [Know Better Live Better ATL](#) [[@kblbatl](#)] in your caption, carousel slide, and/or stories.
- Keep the [CHARTER logo](#) visible in any modified designs.
- Share any additional or updated resources you create—we'd love to see them!

Have questions or want to share your updates? Send us a message on Instagram [@kblbatl](#)



SAMPLE TOOLKIT POST

POST TOPIC



THIS IS WHAT THE
CREATIVE LOOKS
LIKE.

CLICK LOGO TO RETURN TO
THE TABLE OF CONTENTS.



SAMPLE CAPTION

You're welcome to copy the text in this section directly into your post or customize the wording to better suit your voice and audience.

[Please tag @kblbatl in each post]

SAMPLE HASHTAGS

Include hashtags provided in the caption or edit/add your own.

SAMPLE LINK IN BIO

Use these trusted resource link(s) in your bio or Linktree.

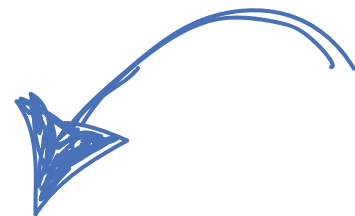
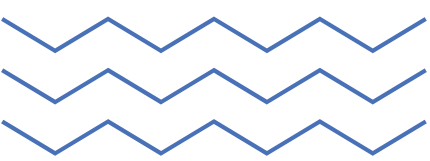
[CLICK HERE TO EDIT AND DOWNLOAD \(Template Link\)](#)

Click this link to gain access to the carousel in Canva. You will need a Canva account (you can get one for *FREE* if you don't already have one. Canva Pro/teams work best). You can keep as is or edit the colors or images for your branding or target audience. *Keep in mind our wording and images have been reviewed and approved by health literacy experts. Download as a JPEG; selecting all of the pages you want to download for your post). Then post on your social media (tagging @kblbatl)!

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)

Pro Tip: Right Click all links and "Open Link in New Tab"

IF THE WORD
"SERIES" IS
HERE: THERE
IS MORE
THAN ONE
POST
WITHIN THE
TEMPLATE
LINK.



CLICK A TOPIC AREA
TO JUMP STRAIGHT
TO THAT SECTION.

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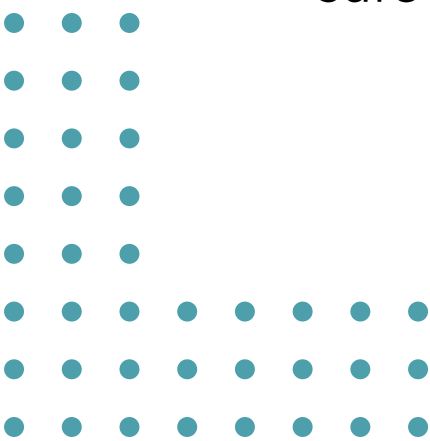
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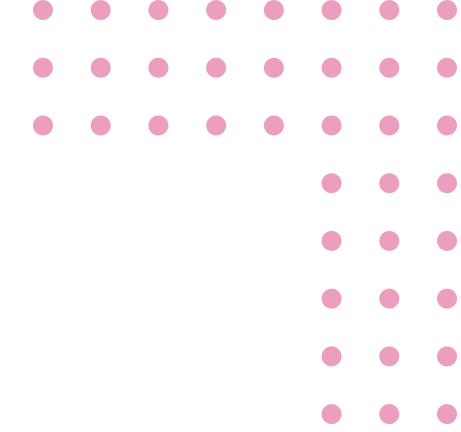
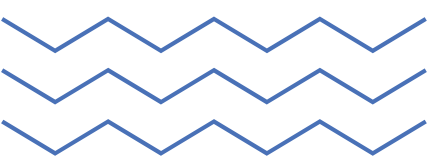


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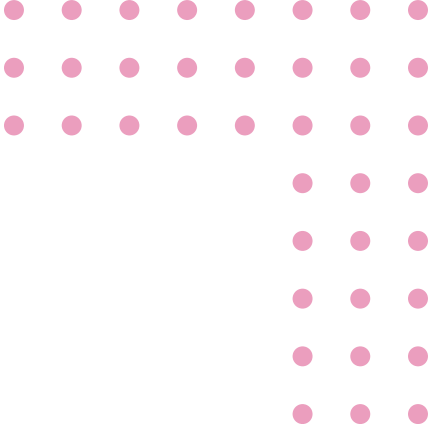
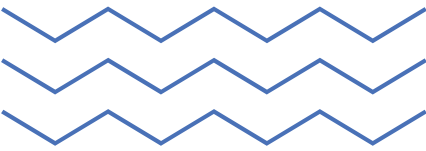


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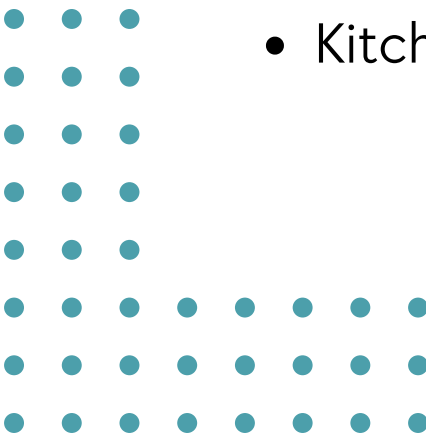
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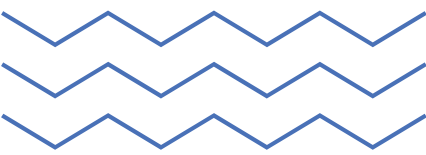
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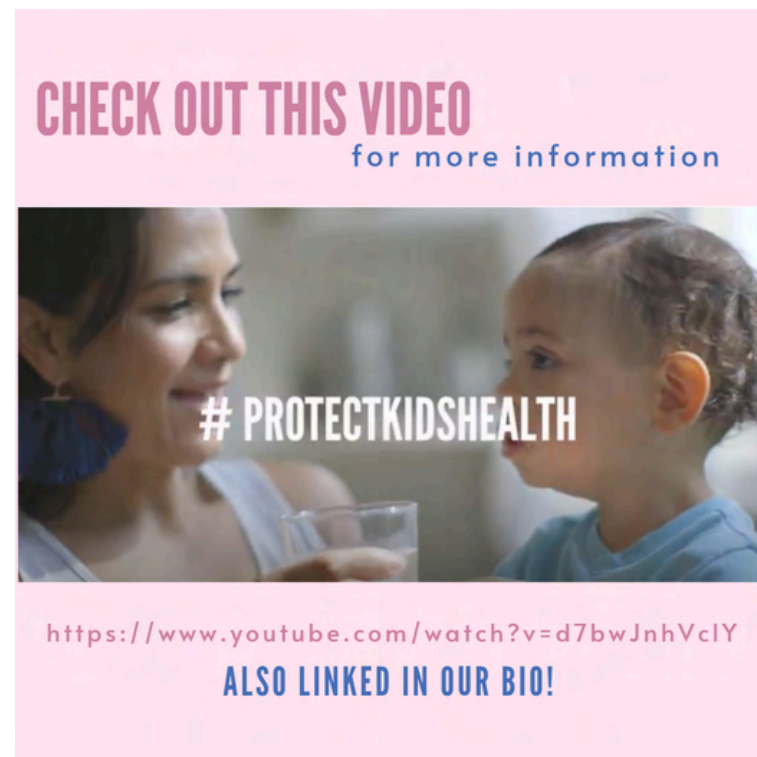
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LEAD PAINT

Lead Paint Harms



CAPTION

Did you know that lead paint could potentially harm your child's brain, learning, and development? Here's what you can do to protect your family. Follow us for more information and helpful tips that could help your family live better!

[Tag @kblbatl]

HASHTAGS

#KnowBetterLiveBetter #ProtectKidsHealth #FamilyHealth #LeadPaint
#EnvironmentalHealth #KBLBATL

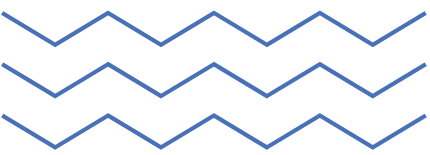
LINK IN BIO

[SE PEHSU Lead Exposure](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#) series

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)





LEAD PAINT

If Your Walls Look Like This... You Might Have Lead Paint



CAPTION

Identifying lead paint in your home is the first step to knowing better when it comes to lead paint. If your walls appear flaky or cracked, and your home was built before 1978 -- you might have lead paint!

If your walls look like this, then be sure that all peeling and chipped paint is repaired right away. Until it is fixed, keep everyone away from chipped and peeling paint. **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #ProtectKidsHealth #FamilyHealth #LeadPaint
#EnvironmentalHealth #KBLBATL

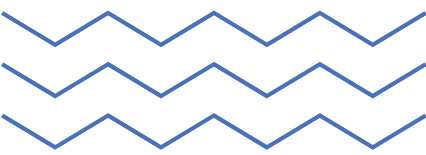
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LEAD PAINT

Cleaning with A Damp Cloth to Remove Lead Dust



CAPTION

If you have lead paint in your home that cannot be fixed right away, there are still ways to protect your family. Follow these steps to clean lead paint with a damp cloth as often as possible in order to absorb the dust, before your children breathe it in. **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #ProtectKidsHealth #FamilyHealth #LeadPaint
#EnvironmentalHealth #KBLBATL

LINK IN BIO

[SE PEHSU Lead Exposure](#)

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[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



LEAD PAINT

Lead Paint: Know the Signs and Who to Contact



CAPTION

When your kid comes into contact with lead paint, it can be scary. Look out for these lead poisoning signs in children, and be sure to get your child tested by calling your doctor and the Poison Center if your kid is showing several of these signs! You can also get your kid tested at the Department of Public Health website in our bio. **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #ProtectKidsHealth #FamilyHealth #LeadPaint #EnvironmentalHealth #KBLBATL

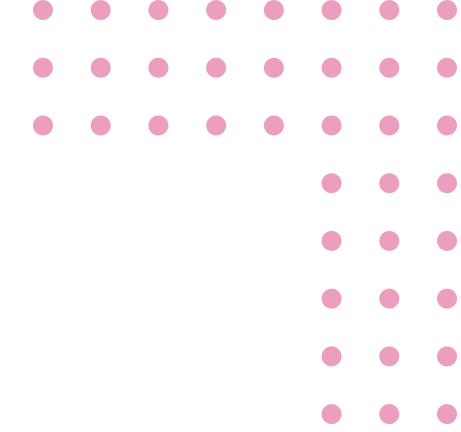
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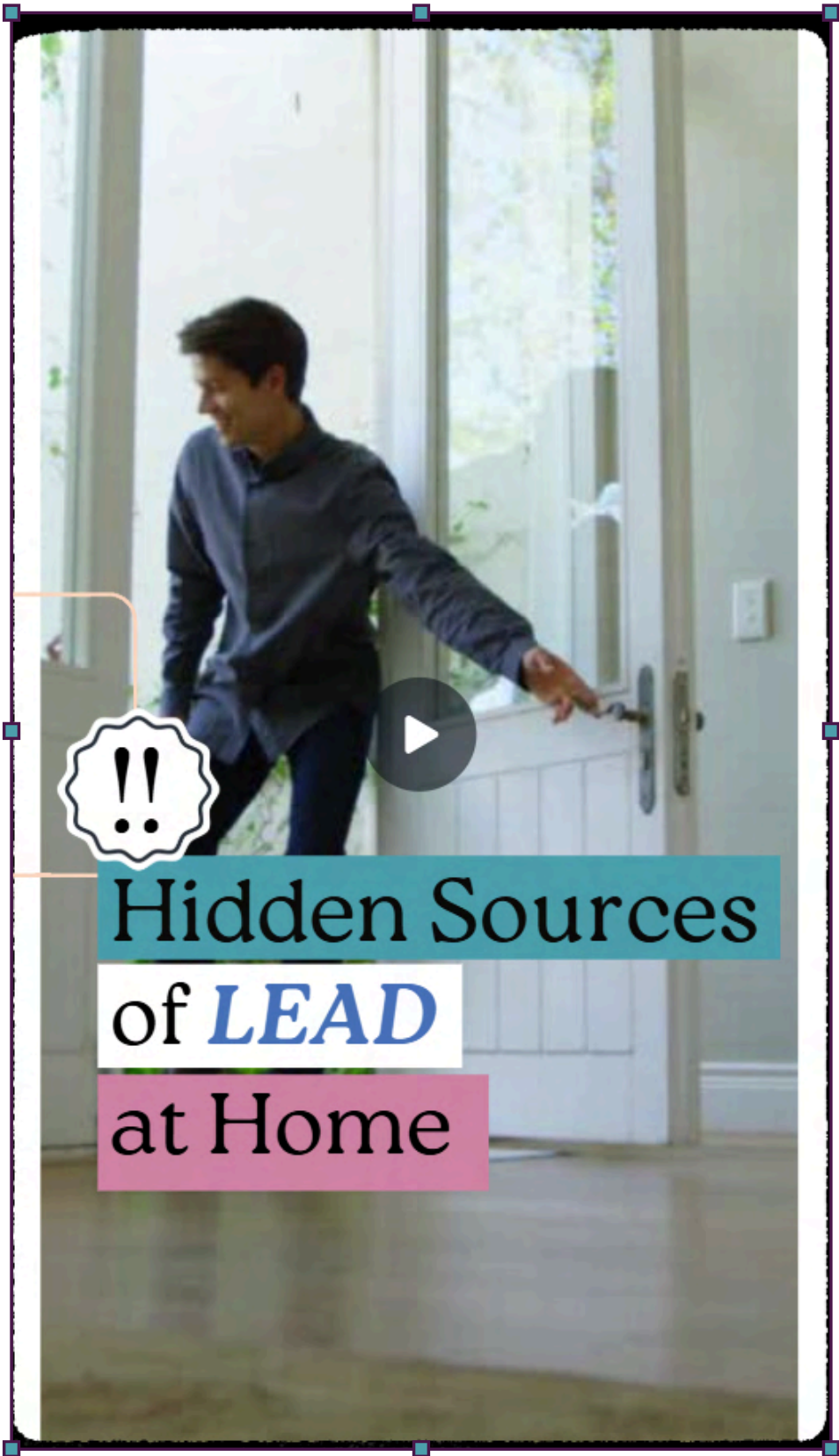
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LEAD PAINT

Hidden Sources of Lead at Home [REEL]



CAPTION

Lead harms kids—even in tiny amounts. It can hide in everyday items around the home, but simple swaps and habits can make a big difference in keeping your family safe.

TOYS- Toss toys with unknown origins or bright paint. **Stick to 100% wood or silicone with known ingredients** when possible.

PAINT- Homes built before 1978 may have lead paint.

Never DIY—hire lead-certified pros.

Sweep up paint chips (don't vacuum!).

KEYS & JEWELRY- No chewing on keys or metal jewelry. Solid gold or sterling silver = safer.

FOOD/ SOIL - Test soil through your local county extension office (see linktree for GA)

WATER- Use an EWG-approved water filter.

DISHWARE- Microwave and store food in glass. Skip bright glazes and homemade ceramics.

Drop a if you learned something new—or share to help another family stay safe! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #ChildSafety #LeadPrevention #ParentingTips #ProtectKidsHealth

LINK IN BIO

[ATSDR's Soil Shop Events](#)

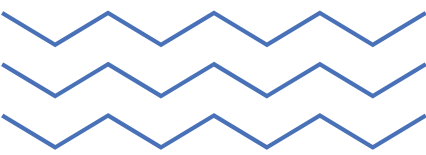
[GA extension soil testing](#)

[EWG-approved Water Filters](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)





LEAD PAINT

5 Ways to Avoid Lead in Kids Play Areas [REEL]



CAPTION

5 WAYS TO KEEP LEAD OUT OF KIDS' PLAY AREAS Lead harms kids—even in tiny amounts. It can hide in everyday items around the home, and children are especially vulnerable to its effects. Let's keep their environments safe and lead-free with simple swaps and habits that make a big difference:

Skip antique toys: They often contain lead-based paint or metal parts, & anything that goes in a child's mouth should be safe.

Remove plastic and vinyl toys: These plastic toys can legally contain certain amounts of lead. **Opt for 100% wood or silicone toys with known ingredients!** Don't leave toys in the sun or a hot car, and don't let kids put them in their mouth!

Shop age-appropriately: Toys for babies have stricter safety standards because manufacturers know infants put everything in their mouths, so following age guidelines offers better protection.

Play it safe: When in doubt about a toy's origin or composition, it's better to toss it than risk your child's exposure to toxic lead.

Track recalls: Even with regulations in place, unsafe toys still make it to market, so staying informed about recalls could literally save your child's health.

- Visit CPSC.gov (Consumer Product Safety Commission)
 - Sign up for email alerts about toy recalls
 - Follow @USCPSC on social media
- Download the "Recalls.gov" mobile app --Search by brand name to check specific toys

HASHTAGS

#KnowBetterLiveBetter #ChildSafety #LeadPrevention #ToxicFree #ParentingTips #HealthyKids

[**CLICK HERE TO EDIT AND DOWNLOAD**](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



SAFE CLEANING

STAY SAFE WHILE CLEANING



CAPTION

Cleaning is great for your family's health! It reduces dust, allergens, and chemicals in your home. But, you have to know how to clean safely! Follow this series for cleaning tips to be sure you are protecting yourself, your family, and your home while you clean!

[Tag @kblbatl]

HASHTAGS

#KnowBetterLiveBetter #EnvironmentalHealth #ProtectKidsHealth #FamilyHealth
#Cleaning #SafeCleaningPractices #KBLBATL

LINK IN BIO

[EPA Safer Choice Products](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#) series

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



SAFE CLEANING

Safe Cleaning: Things to Avoid



CAPTION

Cleaning often is a great habit, but it can be harmful if you are not doing it safely. Avoid these 3 things while cleaning to protect yourself and your family. Stay tuned next week for some clean alternatives! **[Tag @kblbat!]**

HASHTAGS

#KnowBetterLiveBetter #EnvironmentalHealth #FamilyHealth #Cleaning
#CleaningPractices

LINK IN BIO

[EPA Safer Choice Products](#)

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SAFE CLEANING

Safe Cleaning: Inexpensive Alternatives

WHEN CLEANING USE THESE SAFE & INEXPENSIVE ALTERNATIVES
They can be found at most grocery stores!



White distilled vinegar 01.

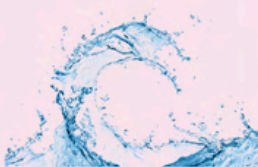
- dilute equal parts white distilled vinegar and water and then use to remove grease, grime, and dirt
- use in sinks, showers, faucets

- look for soaps that say "mild," "gentle," "hypoallergenic," "for sensitive skin," or "free of artificial fragrances and dyes"
- use for dishes, floors, bathrooms, or as carpet cleaner when mixed with water

02. Mild soap



WHEN CLEANING USE THESE SAFE & COST EFFECTIVE ALTERNATIVES



Water 03.

- use hot water to clean clothes, lightly soiled dishes, floors, tabletops, and more in place of harsh detergents

- sprinkle baking soda directly onto a soiled area and scrub with damp cloth
- use in your shower, kitchen sink, oven, carpet stains, and for smelly shoes

04. Baking soda



CAPTION

Using safe cleaning products is a great way to protect your family from germs and dust. These cost-effective products can be used for lots of cleaning projects as well as other uses around your home – plus they are much safer alternatives to most chemical cleaning supplies. You can find these products at most grocery stores!

[Tag @kblbat!]

HASHTAGS

#KnowBetterLiveBetter #EnvironmentalHealth #FamilyHealth #Cleaning
#CleaningPractices

LINK IN BIO

EPA Safer Choice Products

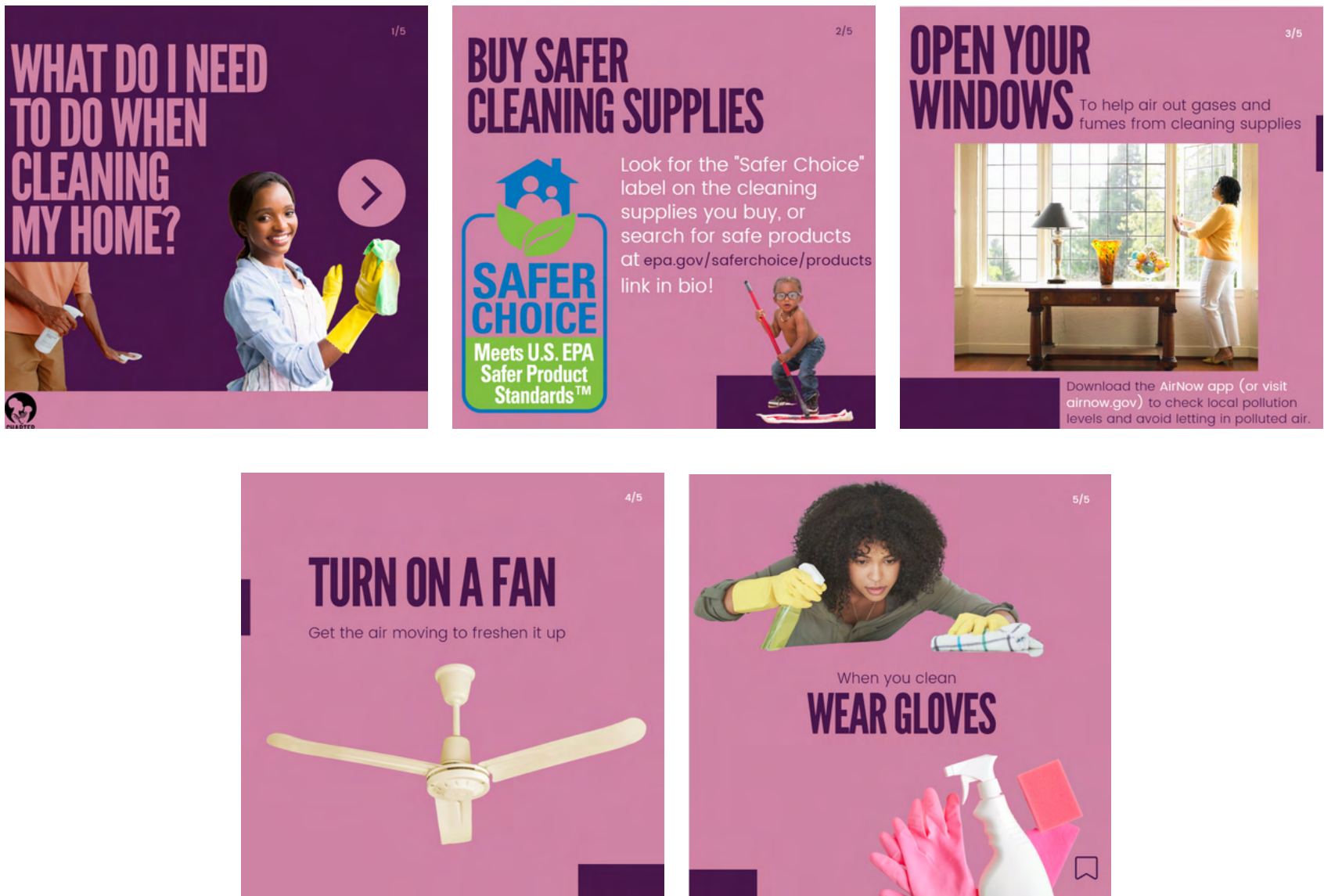
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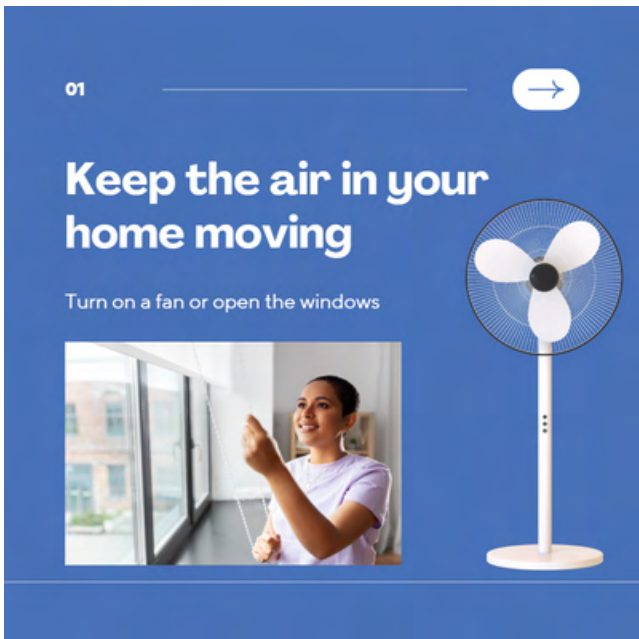
SAFE CLEANING

Safe Cleaning: Steps



SAFE CLEANING

Safe Cleaning: Other Tips to Keep Your Home Clean and Safe



CAPTION

Even when you're not cleaning, you can do things to protect your family and improve their health. It is important to get your family breathing fresh air without chemicals, and to protect children and pets from getting into potentially harmful cleaning supplies. **[Tag @kblbatl]**

HASHTAGS

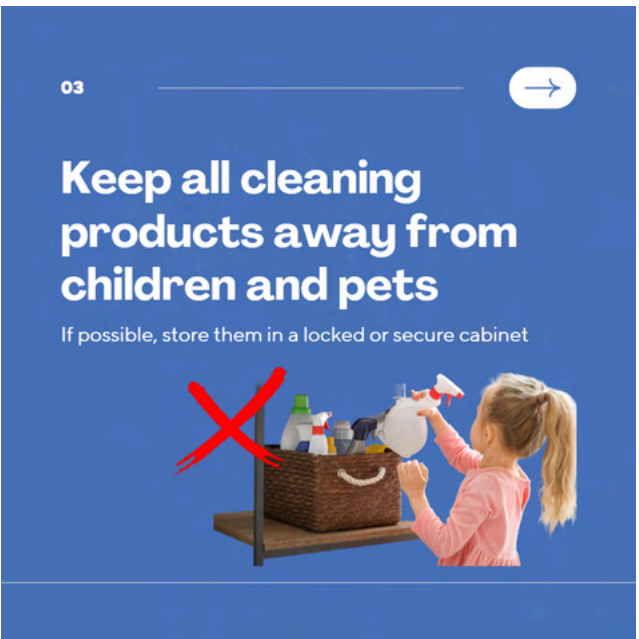
#KnowBetterLiveBetter #EnvironmentalHealth #FamilyHealth #Cleaning
#CleaningPractices

LINK IN BIO

[EPA Safer Choice Products](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#) series

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



SAFE CLEANING

Safe Cleaning: Trusted Resources



CAPTION

To make sure you are getting info you can trust, click the EPA link in our bio, or call an Emory Pediatric Environmental Health Specialist at the phone number 1.877.337.3478 **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #EnvironmentalHealth #FamilyHealth #Cleaning
#CleaningPractices

LINK IN BIO

[EPA Safer Choice Products](#)

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HEAT SAFETY / SUMMER HEAT

Heat Safety During Pregnancy



CAPTION

With summer in full swing, we (in collaboration with [@cbwwatlanta](#)) want to provide you with information that will keep you and your family safe from extreme heat, especially if you or someone you love is pregnant.

[Tag @kblbatl and @cbwwatlanta]

HASHTAGS

#KnowBetterLiveBetter #EnvironmentalHealth #ExtremeHeat #SummerTime
#PregnancyTips #CBWWatlanta

LINK IN BIO

[Mayo Clinic Article](#) [Center for Disease Control \(CDC\) Article](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



HEAT SAFETY / SUMMER HEAT

Heat-Related Illness: Signs/High Risk



CAPTION

Understanding the signs of heat-related illnesses, such as heat stroke and heat exhaustion are vital to preventing them before it's too late.

[Tag @kblbatl and @cbwwatlanta]

HASHTAGS

#KnowBetterLiveBetter #EnvironmentalHealth #ExtremeHeat #HeatStroke
#HeatExhaustion #environmentalsafetytip

LINK IN BIO

[Center for Disease Control \(CDC\) Article](#)

[John Hopkins Medicine Article](#)

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HEAT SAFETY / SUMMER HEAT

Tips to Stay Cool in the Heat



CAPTION

The summer heat is strong and dangerous this time of year. Here are a few things you can do to keep yourself and your loved ones safe.

[Tag @kblbatl and @cbwwatlanta]

HASHTAGS

#KnowBetterLiveBetter #CBWWATL #ExtremeHeat #StayCool #StayHydrated #StayInformed

LINK IN BIO

[Center for Disease Control \(CDC\) Article](#)

[John Hopkins Medicine Article](#)

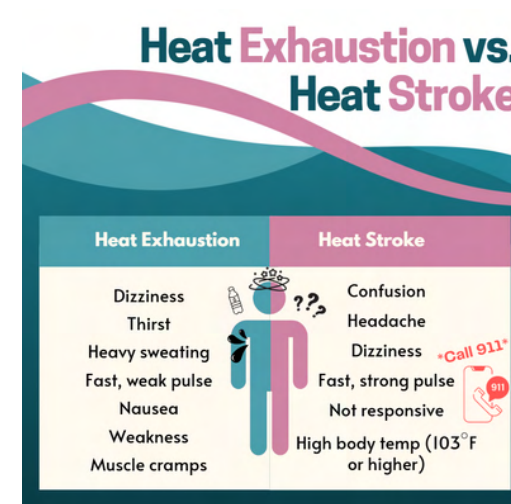
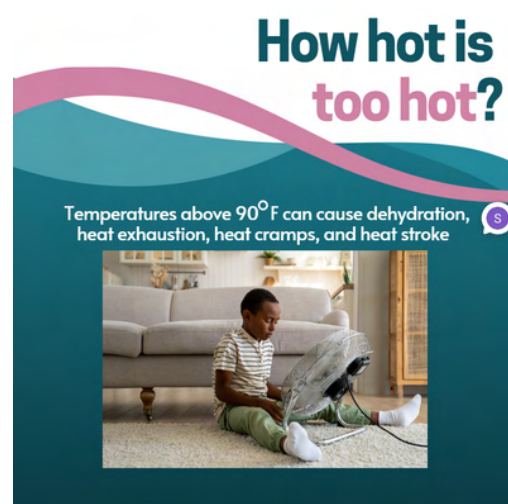
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HEAT SAFETY / SUMMER HEAT

Keeping Children Safe in the Heat



CAPTION

Extreme heat can affect children and adults differently. Learn how you can help your children in this hot weather. **[Tag @kblbatl and @cbwwatlanta]**

HASHTAGS

#KnowBetterLiveBetter #CBWWATL #ChildrenHealth #EnvironmentalHealth #childrensafety

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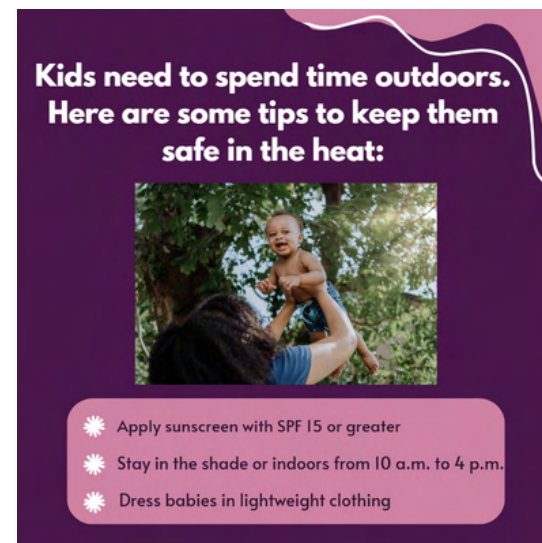
[Environmental Protection Agency \(EPA\) Article](#)
[National Weather Service Article](#)

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HEAT SAFETY / SUMMER HEAT

Keeping Infants Safe in the Heat



CAPTION

Watch out for the signs that your infant is overheating. Without a way for your baby to let you know he or she is too hot, these heat tips will help you to be better prepared. **[Tag @kblbatl and @cbwwatlanta]**

HASHTAGS

#KBLB #KnowBetterLiveBetter #CBWWAtlanta #environmentalhealth #infantsafety #overheating

LINK IN BIO

[Environmental Protection Agency_\(EPA\)_Article](#)
[National Weather Service Article](#)

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HEAT SAFETY / SUMMER HEAT

Car Heat and Safety for Kids



CAPTION

A quick look can save a life! It only takes a few moments for a car to become dangerously hot. Let's keep our kids safe! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #heatgov #kblb #childsafety #lookbeforeyoulock

LINK IN BIO

[National Highway Traffic Safety Administration \(NHTSA\) Article](#)
[National Weather Service \(NWS\) Article](#)

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HEAT SAFETY / SUMMER HEAT



Summer Heat and Kid Safety



CAPTION

Summer fun, but with caution! Swipe to learn why extreme heat is not safe for children. Stay tuned for steps to keep them cool and safe, coming to our page soon!
[Tag @kblbat!]

HASHTAGS

#KnowBetterLiveBetter #SummerSafety #HeatAwareness

LINK IN BIO

[Environmental Protection Agency \(EPA\) Article](#)
[National Weather Service Article](#)

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HEAT SAFETY / SUMMER HEAT

Tips to Enjoy Summer Days



Plan Activities Wisely



Look for Play Areas with Water



CAPTION

Keep kids cool and safe this summer! Plan outdoor fun wisely, by looking for areas with water, staying hydrated, and dressing in light clothing

[Tag @kblbatl]

HASHTAGS

#KnowBetterLiveBetter #SafeSummerFun #BeattheHeat #KeepKidsCool

Help Kids Stay Hydrated



Dress for the Heat



LINK IN BIO

National Weather Service (NWS) Article

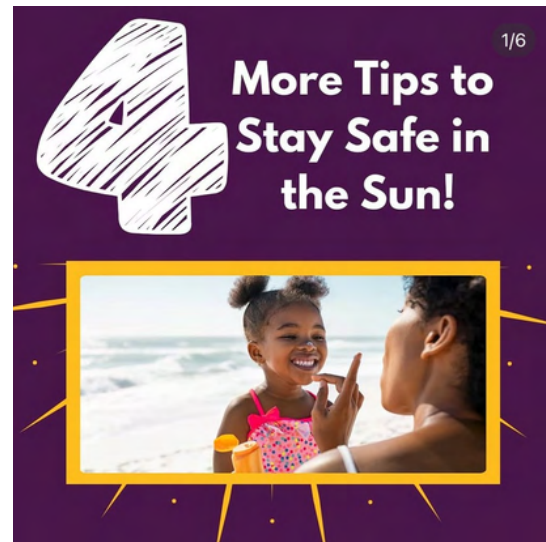
[CLICK HERE TO EDIT AND DOWNLOAD Series](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



HEAT SAFETY / SUMMER HEAT

More Tips to Stay Safe in the Sun



CAPTION

4 more tips to keep kids safe this summer! Keep indoor spaces cool, choose the right gear, make sunscreen fun, and don't forget to care for yourself, too! Enjoy the end of this summer season **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #HeatSafety #BeatTheHeat

LINK IN BIO

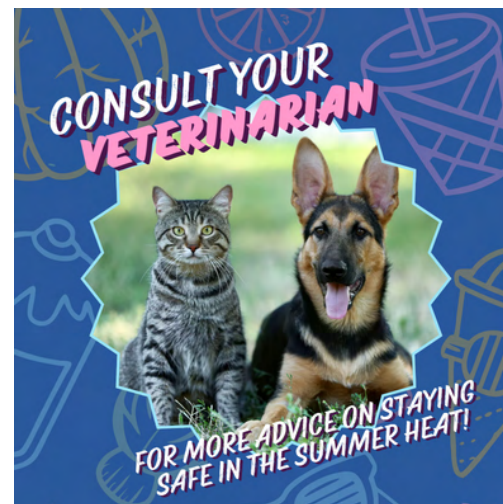
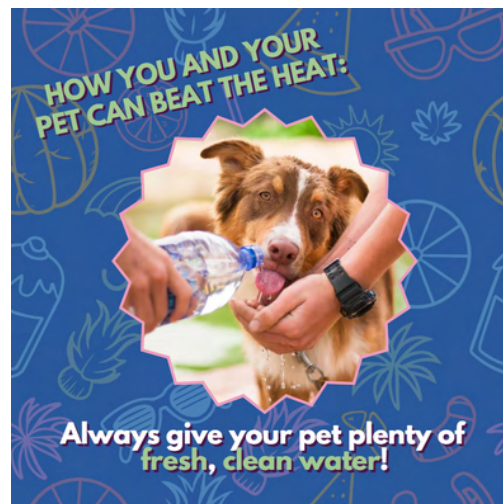
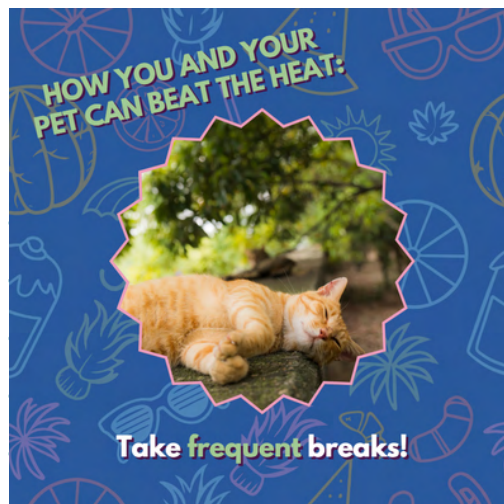
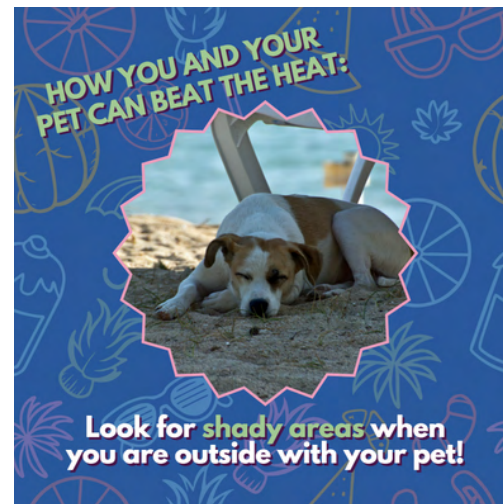
National Weather Service (NWS) Article

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[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)

HEAT SAFETY / SUMMER HEAT

Cool Cats and Hot Dogs: Tips for Pet Owners



CAPTION

Before summer ends, let's keep our pets safe and happy while soaking up the sunshine! **[Tag @kblbat!]**

HASHTAGS

#KnowBetterLiveBetter #SummerSafety #PetCare #StayCool

LINK IN BIO

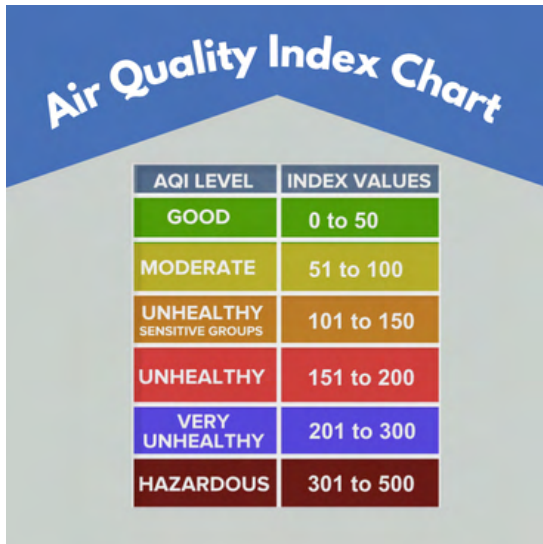
[Centers for Disease Control and Prevention \(CDC\) Article](#)

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OUTDOOR AIR QUALITY

Outdoor Air Quality and AQI



CAPTION

Stay in the know when it comes to the air you breathe everyday. AQI is the air quality index that indicates whether or not the outdoor air is safe, depending on your personal needs. Understanding how to read the AQI can help you or a loved one avoid going outdoors when the air quality is unhealthy or hazardous. Local AQI's can be found on most weather apps, but a more detailed reading can be found at airnow.gov. **[Tag @kblbatl and @cbwwatlanta]**

HASHTAGS

#KnowBetterLiveBetter #CBWWAtlanta #OutdoorAir #AirQuality

LINK IN BIO

[AQI Basics](#) [A Guide to Air Quality](#)

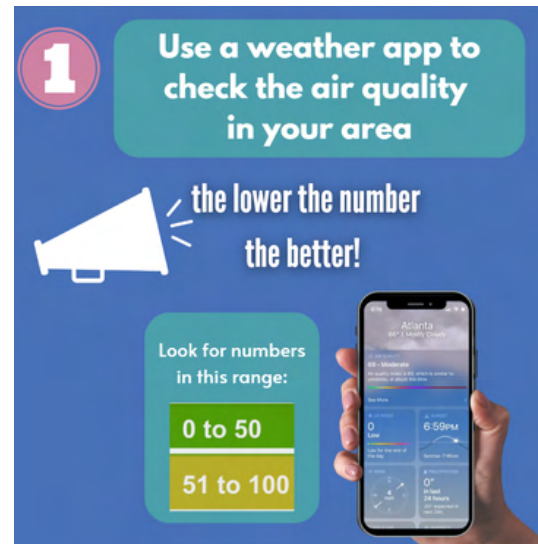
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OUTDOOR AIR QUALITY

Outdoor Air Quality... if it looks like this outside



CAPTION

Air quality can significantly impact your health and daily life. Stay informed about air quality safety levels. Follow our tips to better understand what the best course of action is! **[Tag @kblbatl and @cbwwatlanta]**

HASHTAGS

#KnowBetterLiveBetter #CBWWAtlanta #AirQuality #StaySafe

LINK IN BIO

[AQI Basics](#) [A Guide to Air Quality](#)

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OUTDOOR AIR QUALITY

Clean Air, We Care



CAPTION

May is Clean Air Month! Summer is upon us and that means hotter weather. That can bring about a lot of fun, but the heat from the sun is also a big contributor to increases in pollutants and ground level smog. Be sure to check your local air quality and stay inside on days of poor, unhealthy or hazardous air quality— to keep those lungs nice and healthy all year long! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #CleanAirMonth #HealthyLiving #LungHealth

LINK IN BIO

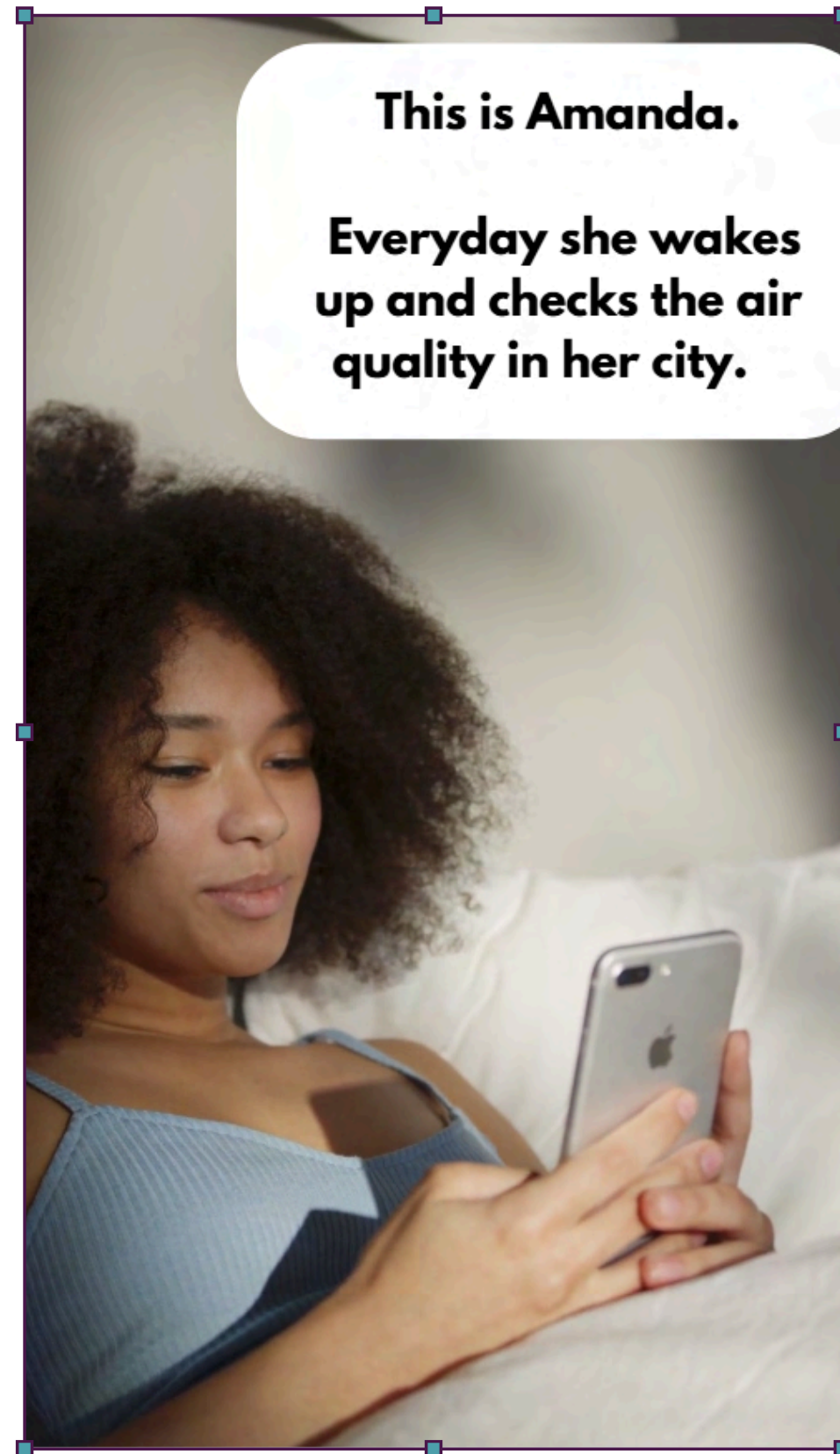
[Environmental Protection Agency \(EPA\) Article](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)

OUTDOOR AIR QUALITY

Amanda's Tips for checking Outdoor Air Quality [REEL]



CAPTION

Check out Amanda's tips for checking outdoor air quality! Follow us for more environmental tips that can help keep your family safe.

[Tag @kblbatl and @cbwwatlanta]

HASHTAGS

#KnowBetterLiveBetter

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HOLIDAY

Healthy Holiday Gift Ideas



CAPTION

Looking for holiday gifts that are fun, affordable, and NON-TOXIC for those you love? Check out some of these ideas and for more information, click the link in our bio to read the full article titled "Holiday Shopping Guide for Safe, Non-Toxic Gifts"!

[Tag @kblbatl]

HASHTAGS

#KnowBetterLiveBetter #HolidayGiftGuide #GiftGuide #HealthyGiftIdeas #GiftIdeas #NonToxicGifts

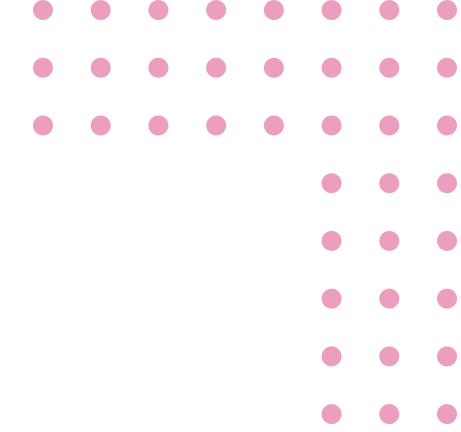
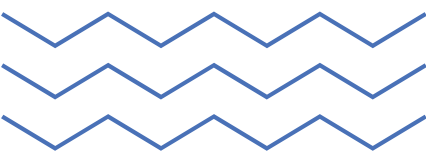
LINK IN BIO

[University of Georgia Eating Smart Blog](#)

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HOLIDAY

Christmas Tree Allergies



Walkin' around the Christmas tree ... with allergies?



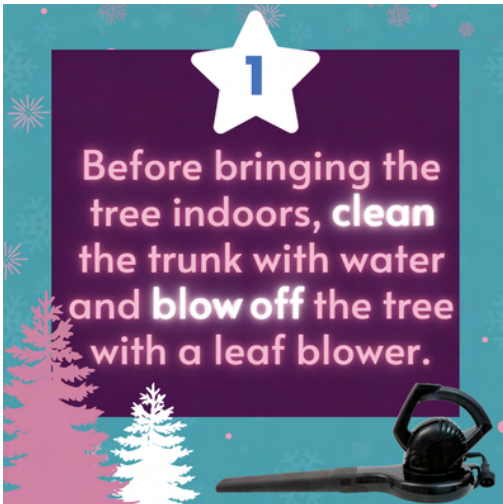
Pre-cut trees are transported in bundles where moisture builds up and mold can grow. They can also carry ragweed pollen from being outside.



When brought inside, they can release pollen and mold, triggering asthma symptoms.



How to prevent Christmas tree allergies in your home?



1 Before bringing the tree indoors, **clean** the trunk with water and **blow off** the tree with a leaf blower.



2 Consider placing your tree by an **air filter** or **air vent** to keep your indoor air clean.



3 **TAKE YOUR TREE DOWN SOONER!** Less mold is able to grow & spread in your home.



CHARTER wishes you & your family a Happy Holidays!



CAPTION

Did you get a real Christmas tree this year? Do you have members in your household with allergies?

We want you to have a healthy holiday while being able to keep your traditions alive. Consider these tips to reduce allergens in your home this season.

If you are open to other options artificial trees or self-cut trees are also recommended. For more information check out the link in our Linktree!

[Tag @kblbatl]

HASHTAGS

#KnowBetterLiveBetter #ChristmasTreeSyndrome #HealthyHolidays

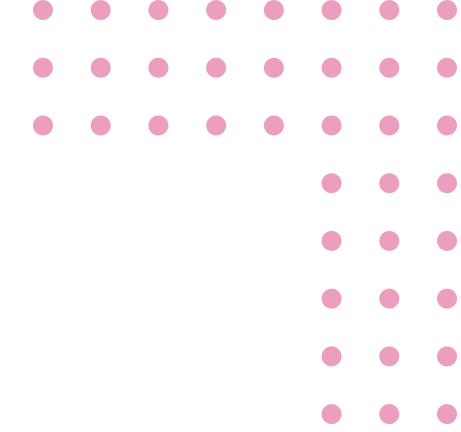
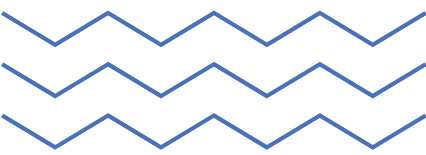
LINK IN BIO

Allergic to the Holidays?

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[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)





Earth Day

HOLIDAY



CAPTION

Today is Earth Day! This year’s theme is, “OUR POWER, OUR PLANET.” We are focusing on how individual and community efforts can lead us to a future of clean energy by 2030! Celebrate with us by sharing this post and visiting our Linktree for more resources! **[Tag @kblbat!]**

HASHTAGS

#KnowBetterLiveBetter #EarthDay #OurPowerOurPlanet #RenewableEnergy

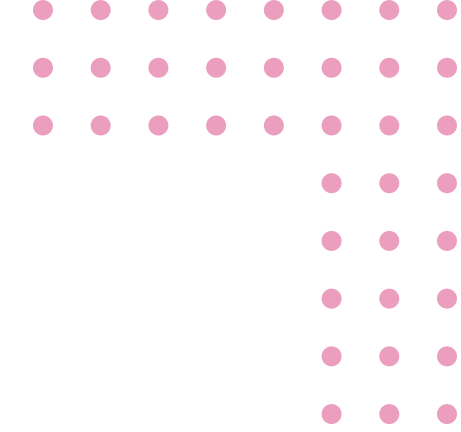
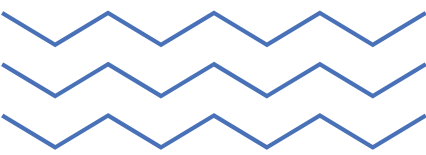
LINK IN BIO

[Earth Day Website](#) [Environmental Protection Agency \(EPA\) Article](#)

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INDOOR AIR

Tips to Clean Air in Home

The air in your home can have a BIG impact on your health



Especially if you or a loved one has a breathing condition like asthma



DUST Is Dirty!
Dust can contain bad things that you don't want to breathe in

- dead skin cells
- household chemicals
- cockroach poop



Be sure to get rid of the dust in your home!

Swipe for some **CLEANING TIPS**

De-clutter and Rinse Away Dust

- Remove all items from the area you are dusting
 - Set aside items for donation or disposal
- Use a wet rag to remove dust from surfaces + items you plan to keep



REPEAT this process often

Wipe Down Blinds, Fans, and Air Vents



- Use a wet rag, not a duster
- Don't Forget to dust:
 - light fixtures
 - house plants
 - baseboards



Deep Clean Carpets Yearly



- Rent deep cleaning vacuums at home improvement stores (starting at ~\$35 a day)
- Avoid carpeting all together when possible

Clean From The Top Down

Be strategic with your cleaning routine

- Start high (e.g., ceiling fan)
End low (e.g., floor)
- Ideal cleaning order:
 - Fans and vents
 - Fabrics and furniture
 - Vacuum the floor



CAPTION

Even though your house may be clean, there may be hard to spot asthma triggers lurking in the shadows. Some of these include dust, dust mites, mold, and fragrances. Follow these 10 tips to eliminate these threats from your home! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #CleaningTips #Dust #BreatheBetter

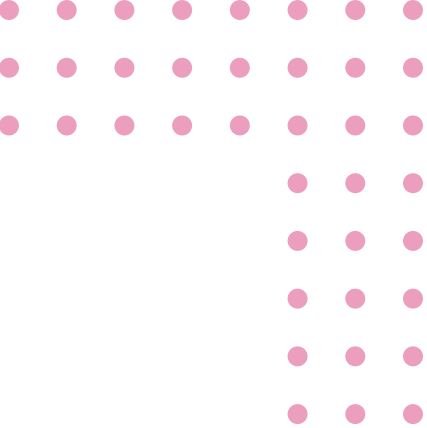
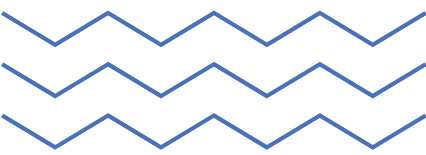
LINK IN BIO

Clean Air at Home

[CLICK HERE TO EDIT AND DOWNLOAD](#)

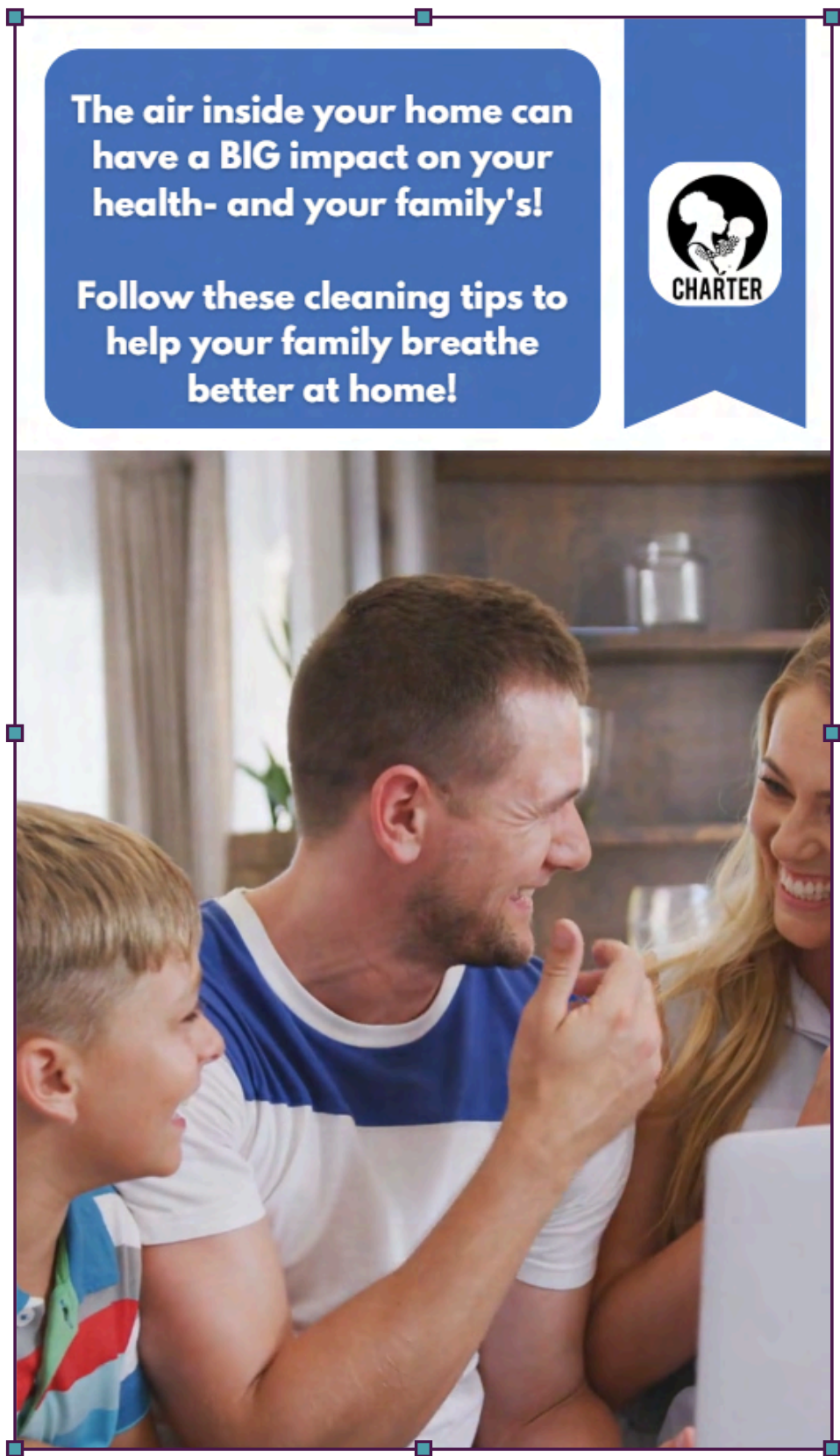
[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)





INDOOR AIR

Tips to Clean Air in Home [REEL]



CAPTION

Use these 5 tips to elevate your indoor air quality and create an environment of safety and wellness for your loved ones! From dusting to deep cleaning, be on a mission to make every breath count!
[Tag @kblbatl]

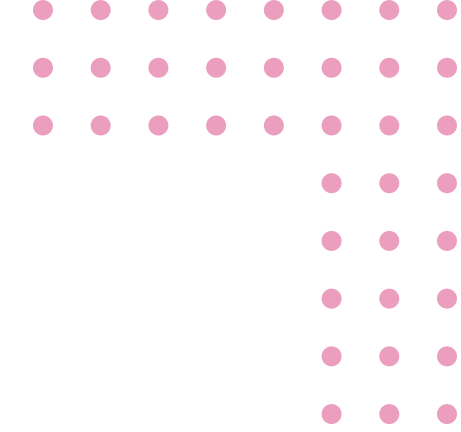
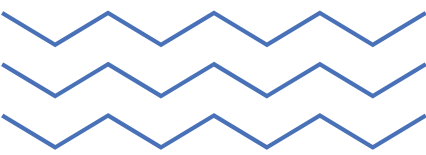
HASHTAGS

#KnowBetterLiveBetter #BreatheBetterLiveBetter

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INDOOR AIR

More Indoor Cleaning Tips

More Cleaning Tips

To Help You Breathe Better at Home



Clean Stuffed Animals, Pillows, and Bedding Weekly

Wash in HOT water and dry on HIGH heat



Skip Fragrances

Many scented items often contain chemicals that can make asthma symptoms worse

- Choose unscented products
- Use vinegar or bleach with water to clean. These make great cleaning products



Keep Unwelcome Critters Away

Cockroaches leave behind droppings and body parts that make asthma symptoms worse

- Seal up little openings and holes where bugs can enter or hide
- Eliminate bug sprays—they can worsen asthma symptoms
 - Use bait traps that lure and contain cockroaches instead



Consider A Portable Air Purifier



- Look for air purifiers that
 - control humidity
 - have a HEPA filter
 - cover a suitable area
- Place in areas where you spend the most time
- Clean or replace filters often

You can also [make an air purifier at home](#) [swipe for a 'How To' video]

How To Make an Air Purifier at Home!



How To Make an Air Purifier at Home!





CAPTION

Here are some additional tips to keep your house clean and free from dirt that may increase asthma symptoms. You can find the full DIY air purifier video in our linktree! Comment your own favorite chemical free cleaning tips down below! For more information see our Linktree. **[Tag @kblbat!]**

HASHTAGS

#KnowBetterLiveBetter #CleaningTips #Dust #BreatheBetter

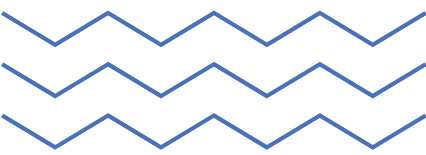
LINK IN BIO

[Cleaning Tips to Help You Breathe Better at Home](#) (Sharecare)

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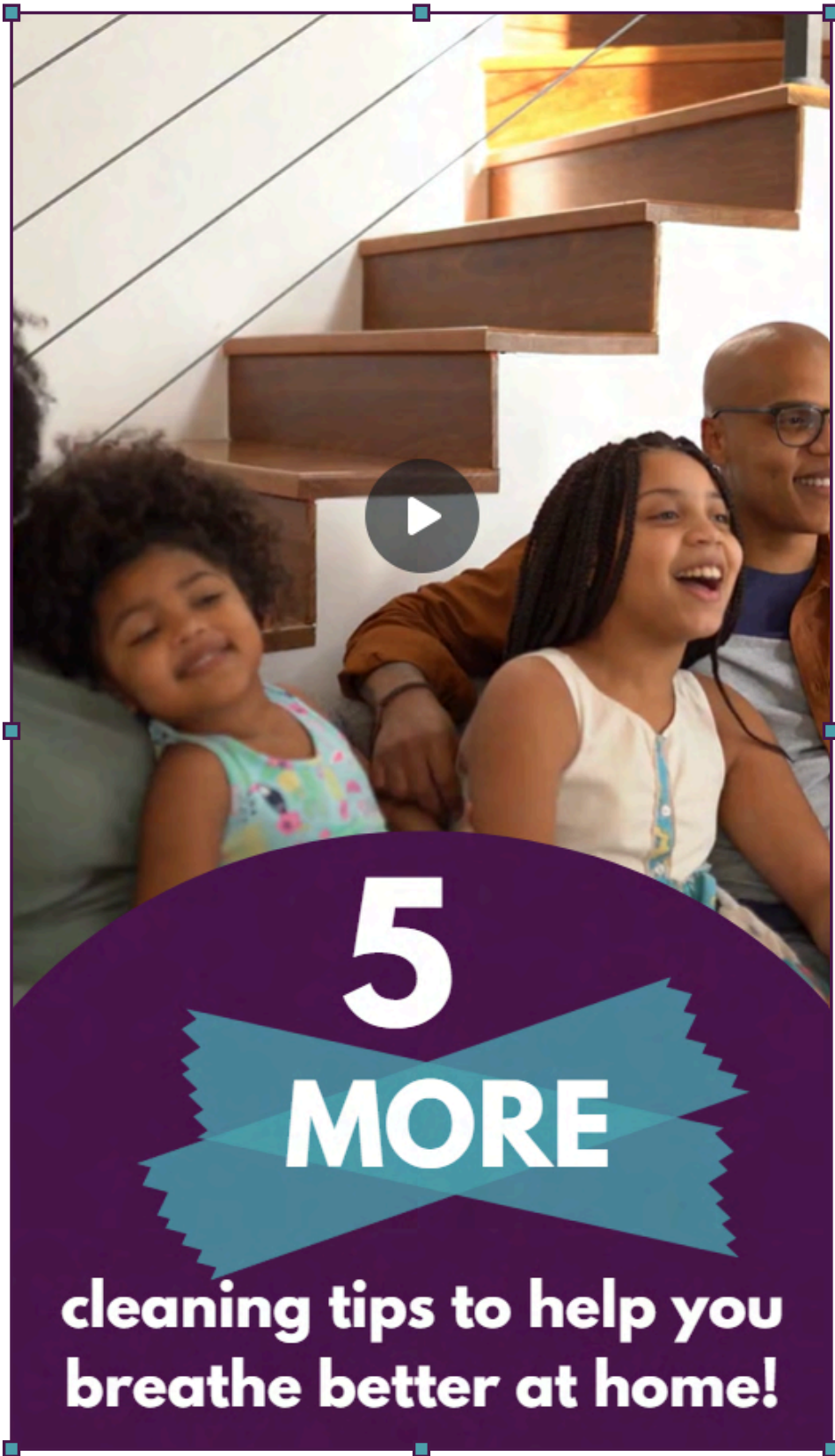
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INDOOR AIR

More Indoor Cleaning Tips [REEL]



CAPTION

Here’s an additional 5 cleaning tips to help your family breathe better air at home!
Prioritize the essence of indoor air quality- it’s the heartbeat of a healthier home!
[Tag @kblbatl]

HASHTAGS

#KnowBetterLiveBetter #IndoorAirQuality #SafetyandWellness

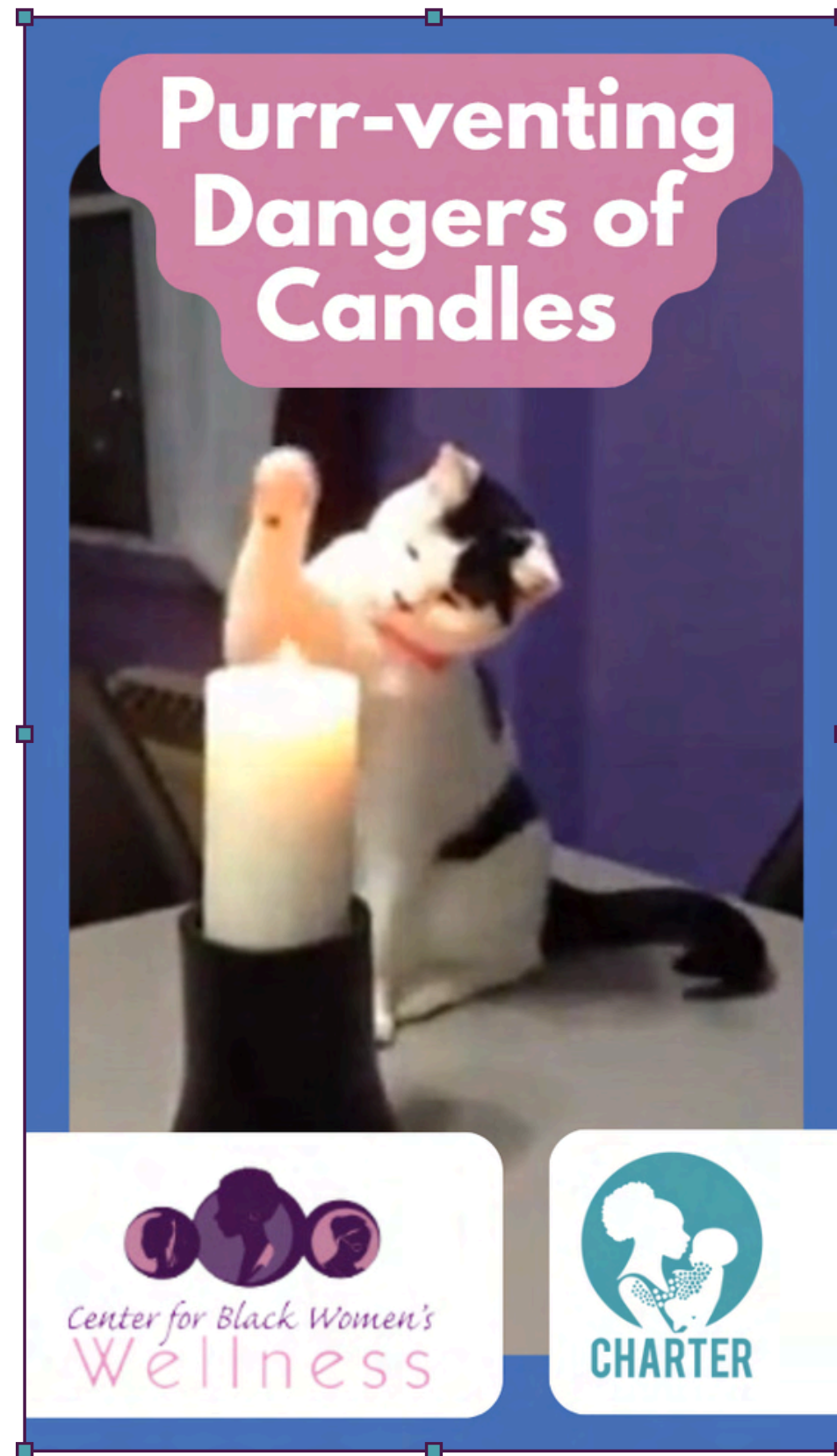
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INDOOR AIR

Purr-venting Dangers of Candles [REEL]



CAPTION

As the weather gets cooler it may seem like the Purrfect time to light up a cozy candle ... but did you know that some candles can harm your health? Candles can release chemicals that irritate us especially if we have asthma or allergy issues.

So how can we still enjoy our winter aesthetic without putting ourselves or our families at risk?

Avoid candles made of paraffin wax

Avoid candles with synthetic fragrances

Instead:

Use candles made of soy or beeswax (natural ingredients)

Use candles that use essential oils as natural scents

Check out this reel with [@cbwwatlanta](#) on candle safety tips you can implement this holiday season!

Find out information about candle safety in our linktree! **[Tag @kblbatl and @cbwwatlanta]**

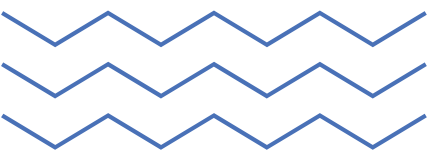
HASHTAGS

#KnowBetterLiveBetter #CBWWAtlanta #HolidayCandles

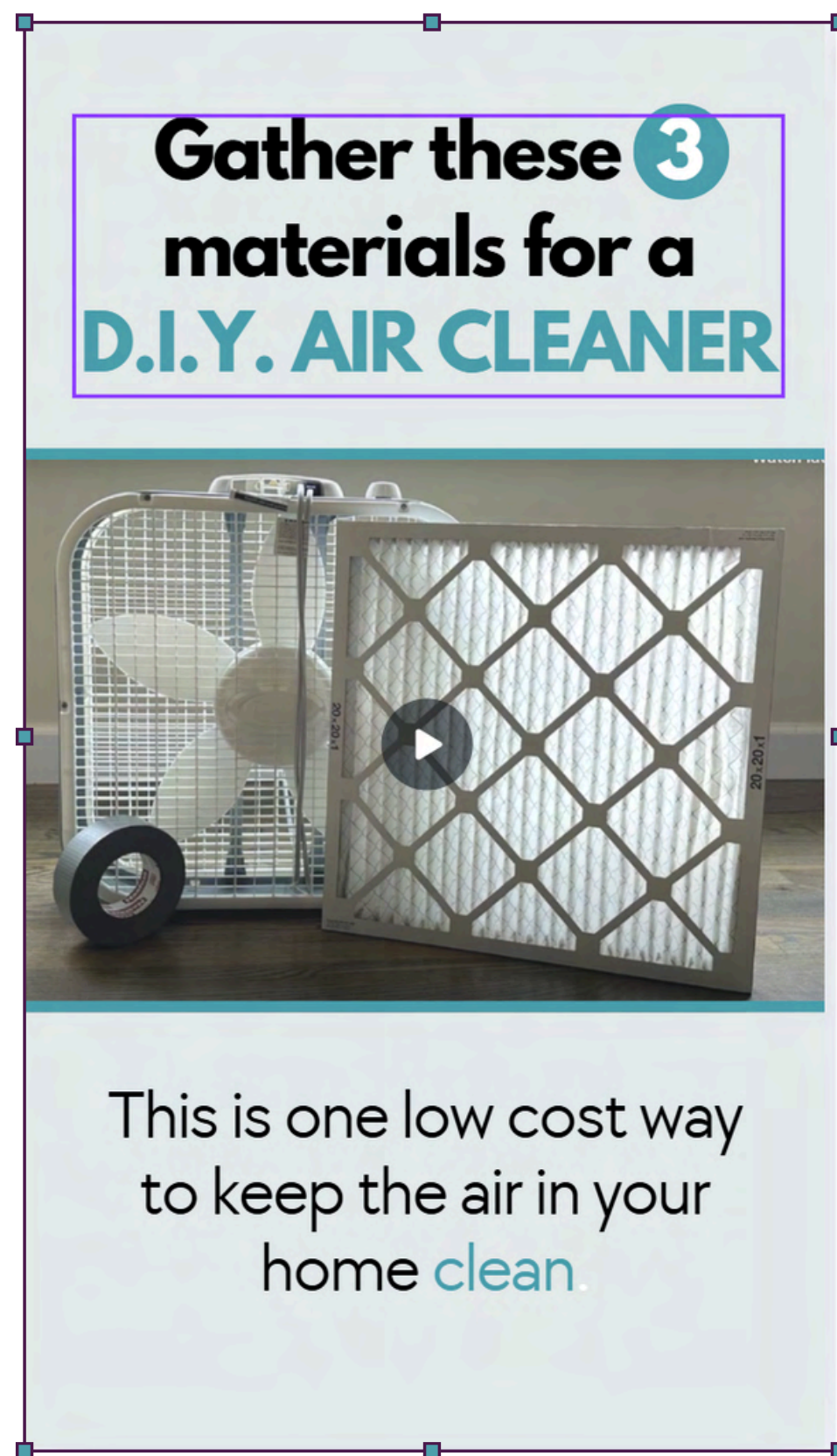
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D.I.Y. Air Cleaner [REEL]



INDOOR AIR

CAPTION

Fresh air on a budget!

You can make this D.I.Y. air filter with items from your local hardware store—usually around \$30 (but prices may vary). Super easy, super worth it! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #DIYAirFilter #AirQuality #BreatheBetter #EasyFix

LINK IN BIO

[DIY Air Filter Tutorial](#)

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ASTHMA AND KIDS

Asthma and Kids: What You Need to Know

ASTHMA

and Kids



What You Need to Know

Can It Be Asthma?

If your child ...

- Has trouble sleeping
- Is acting tired or sluggish
- Is moody or more clingy or irritable than usual

It could be asthma. Talk to your healthcare provider.



Can It Be Asthma?

If your child...



- Has trouble eating
- Does not want to play
- Does not want to eat
- Has a hard time speaking

It could be asthma. Talk to your healthcare provider.

Check your kid's skin color. If your skin color looks grey, green, or blue, talk to your doctor to be sure it's not asthma.

- for dark skin - if it looks paler than usual or "greyish"
- for olive or yellow skin tones - if it looks "greyish" or "green."
- Pale or pink tones might look "blueish" or paler than usual

What To Do



- If your child is gasping for air or having trouble speaking, call 911 or go to the emergency room right away
- If your child always has runny or stuffy nose or itchy or watery eyes, tell your doctor so they can check for asthma

If Your Child Has Asthma They Might Miss School and Have a Hard Time...

- Thinking clearly
- Doing well on tests
- Getting work done on time
- Doing their best work
- Earning good grades
- Making friends
- Graduating

Schedule an appointment so that your child can thrive!



Make an Asthma Action Plan

Include:

- What medicine to give and when to give it
- Phone numbers to call
- Steps to take



The Air We Breathe Can Bring On Asthma Symptoms

Some things to avoid or limit being around may include, but are not limited to:

- Perfumes
- Cleaning products
- Car fumes
- Cigarettes
- Pet dander
- Dust



What To Do At Home

- Keep your home clean
 - Remove clutter, use a wet rag to remove dust from surfaces, avoid air fresheners
- Open windows and turn on fans when using cleaning products



- Keep pets outside or away from sleeping areas and upholstered furniture
- Vacuum carpets and use a wet rag to dust and remove pet dander from surfaces



Protect Your Kids

Connect with your regional PEHSU



Visit pehsu.net to find your local unit & access resources on how to keep kid's environment's safe against asthma risks

CAPTION

Asthma - knows the hidden signs. Learn what to do! Want more info? Check out the article in our LinktTee for more information. **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #Asthma #BreatheBetter #Allergens #KidsHealth

LINK IN BIO

[3 Facts about Asthma and Kids all Caregivers Need to Know \(Sharecare\)](#)
[Pediatric Environmental Health Specialty Unit \(PEHSU\) Resource](#)

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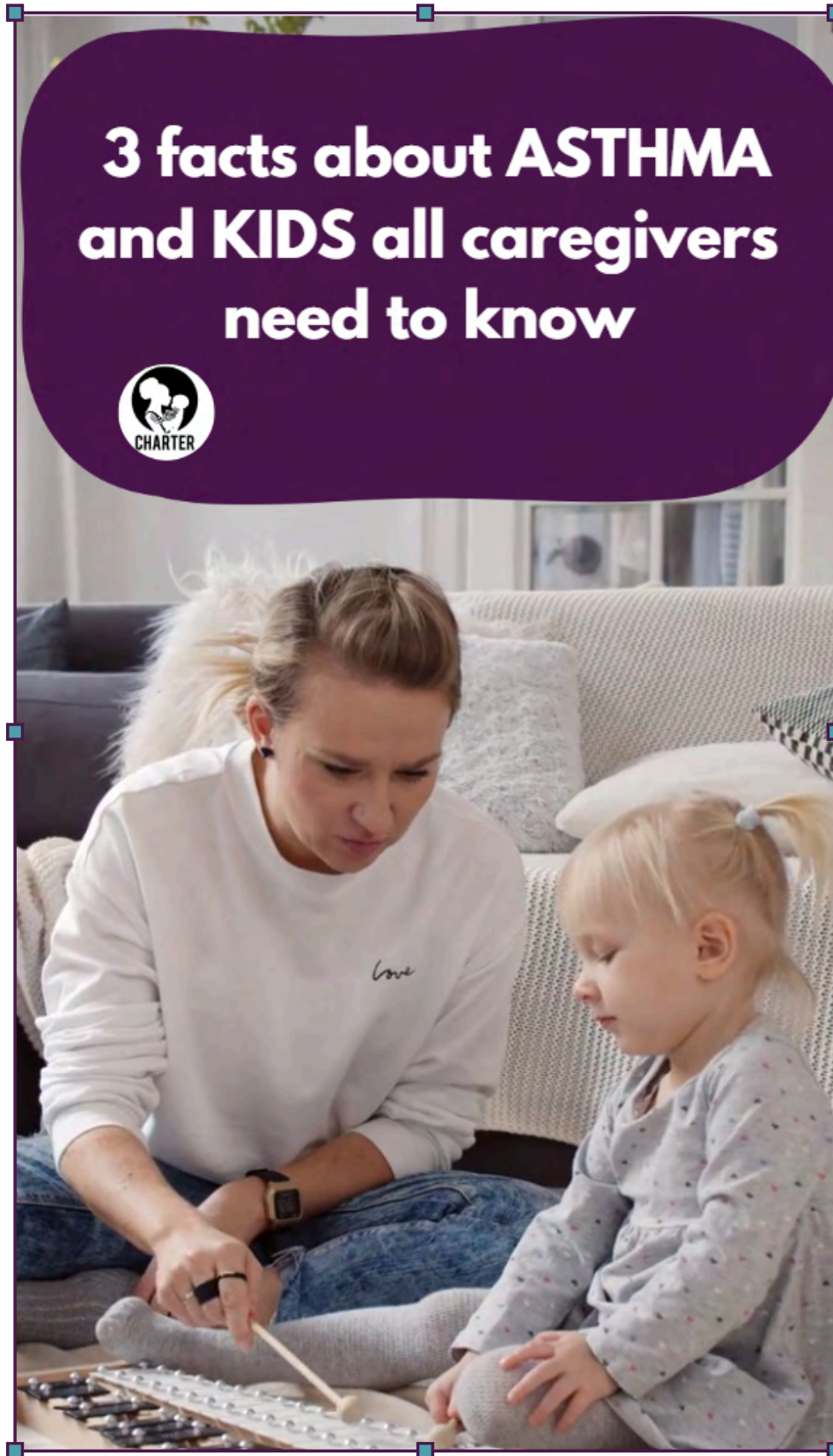
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PAGE 42

ASTHMA AND KIDS

Asthma and Kids: What You Need to Know [REEL]

**3 facts about ASTHMA
and KIDS all caregivers
need to know**



CAPTION

Did you know these 3 asthma tips? Be on the lookout for any signs mentioned in the video so you can ensure the safety of your child! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #AsthmaTips

LINK IN BIO

[Asthma in Children](#)

[Pediatric Environmental Health Specialty Unit \(PEHSU\) Resource](#)

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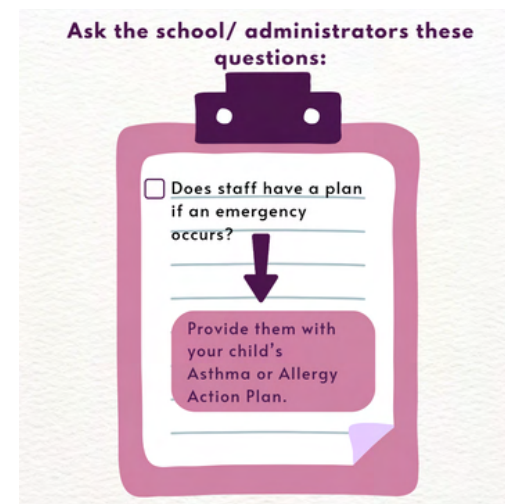


ASTHMA AND KIDS

Asthma and Kids: What You Need to Know



- Help kids stay:
- Safe
 - Healthy
 - Ready to learn



CAPTION

Empower your child for a healthy school year! Here are some essential tips to protect your child from allergies and asthma at school. Knowledge is key to a thriving, allergy-free education! Check out the Asthma Action Plan in our Linktree.

[Tag @kblbat!]

HASHTAGS

#KnowBetterLiveBetter #HealthyKids #AllergyProtection #AsthmaAwareness #SchoolWellness #Asthma #BreatheBetter #KidsHealth

LINK IN BIO

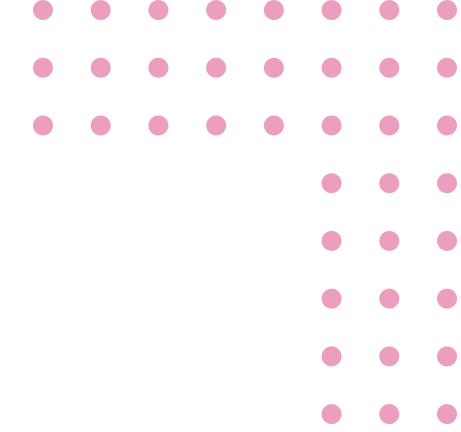
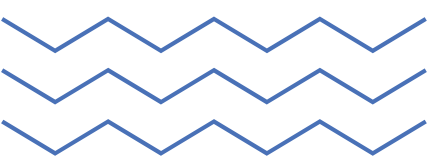
Asthma in Children

Pediatric Environmental Health Specialty Unit (PEHSU) Resource

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ASTHMA

Asthma and Stress

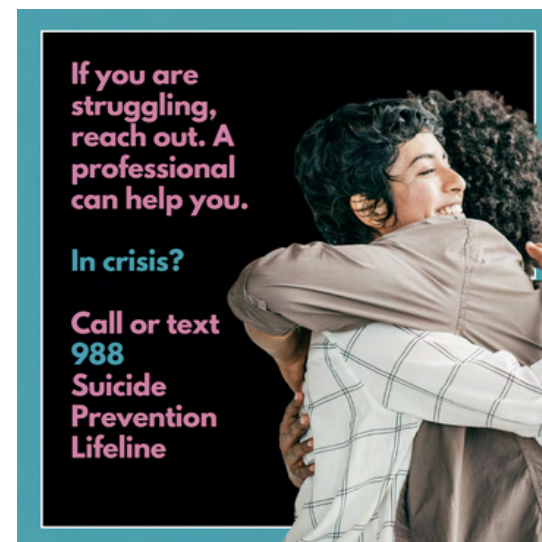
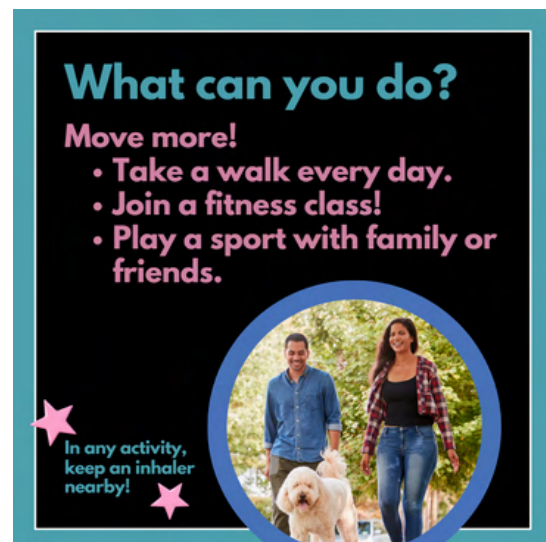


CAPTION

Stress can trigger asthma symptoms like coughing, wheezing, and difficulty catching breath. With the right strategies, you can keep both in check! Remember to practice relaxation techniques, stay active, and always have your inhaler nearby.

Let's breathe easier, together.

To explore more from our source material and additional readings, check out our Linktree under the "Knowing Better & Living Better" tab! **[Tag @kblbat!]**



HASHTAGS

#KnowBetterLiveBetter #AsthmaAwareness #StressRelief #BreatheEasy #SelfCare

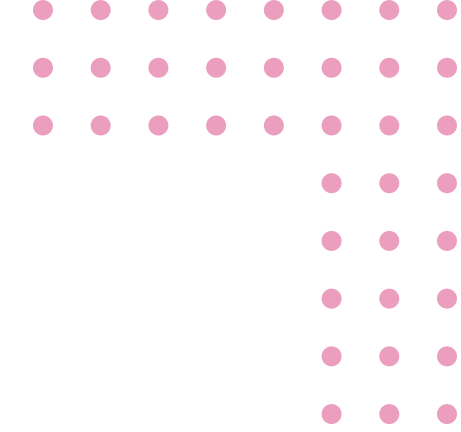
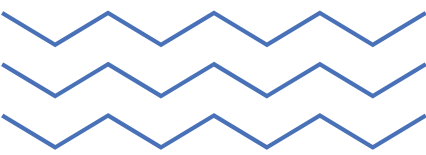
LINK IN BIO

[Asthma - Emotions, Stress, and Depression](#)

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[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)





ASTHMA

Asthma and Pets



CAPTION

Pet lovers with asthma, we got you! Yes, you can live with your furry friends.

Here’s how to create a safe, loving environment for both you and your pets.

Don’t let asthma keep you from your pets.

For more info, check out our Linktree under the “Knowing Better & Living Better” tab!

[Tag @kblbatl]

HASHTAGS

#KnowBetterLiveBetter #Asthma #AsthmaAndPets #HealthyLiving #PetLovers

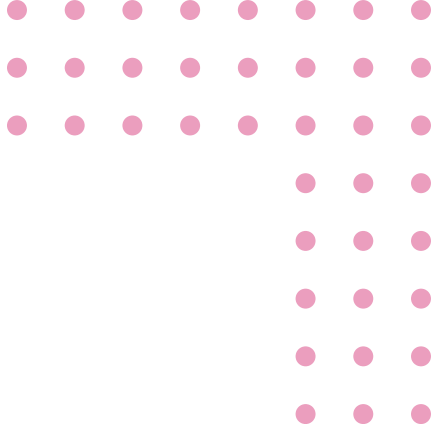
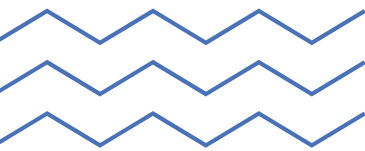
LINK IN BIO

National Asthma Council – Pets and Allergies

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“PFAS” Have you Heard?



PFAS

CAPTION

Do you know about PFAS? Swipe to learn more about these “forever chemicals” and how they can impact you and your family. Stay tuned for more information about PFAS and its effects, coming soon to our page! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #PFASawareness #StayInformed #ForeverChemicals #PFAS

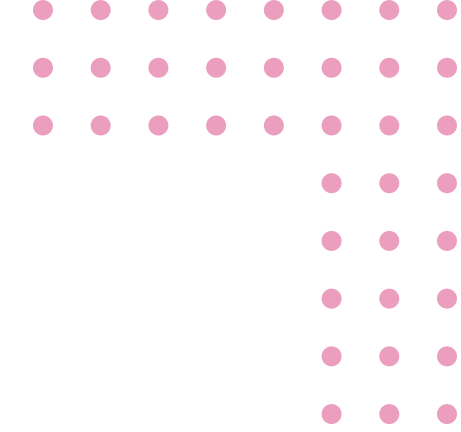
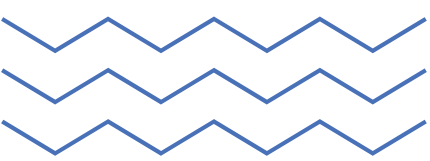
LINK IN BIO

[Environmental Protection Agency \(EPA\) – PFAS Explained](#)
[Johns Hopkins – What to Know About PFAS](#)

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Learn More About PFAS

Let's Learn More About PFAS

There's no safe way to get PFAS out of the body...

But there are simple things you can do to avoid them!

1

If you live or work in an area with high PFAS, get a water filter

- Choose a filtration device that is certified to remove PFAS

2

Try not to eat food grown in soil with known high levels of PFAS.

3

If you live or work in an area that you think has high PFAS levels, check with your health department for local info

Stay Informed about PFAS with these resources

- 1 Your local health department
- 2 <https://www.pehsu.net/>
- 3 If you're worried about high levels call 1-877-337-3478

PFAS

CAPTION

Empowering our community with knowledge about PFAS and its impact on health. Join the conversation! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #PFASawareness #StayInformed #ForeverChemicals #PFAS

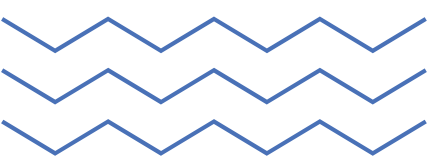
LINK IN BIO

[Environmental Protection Agency \(EPA\) – PFAS Explained](#)
[Johns Hopkins – What to Know About PFAS](#)

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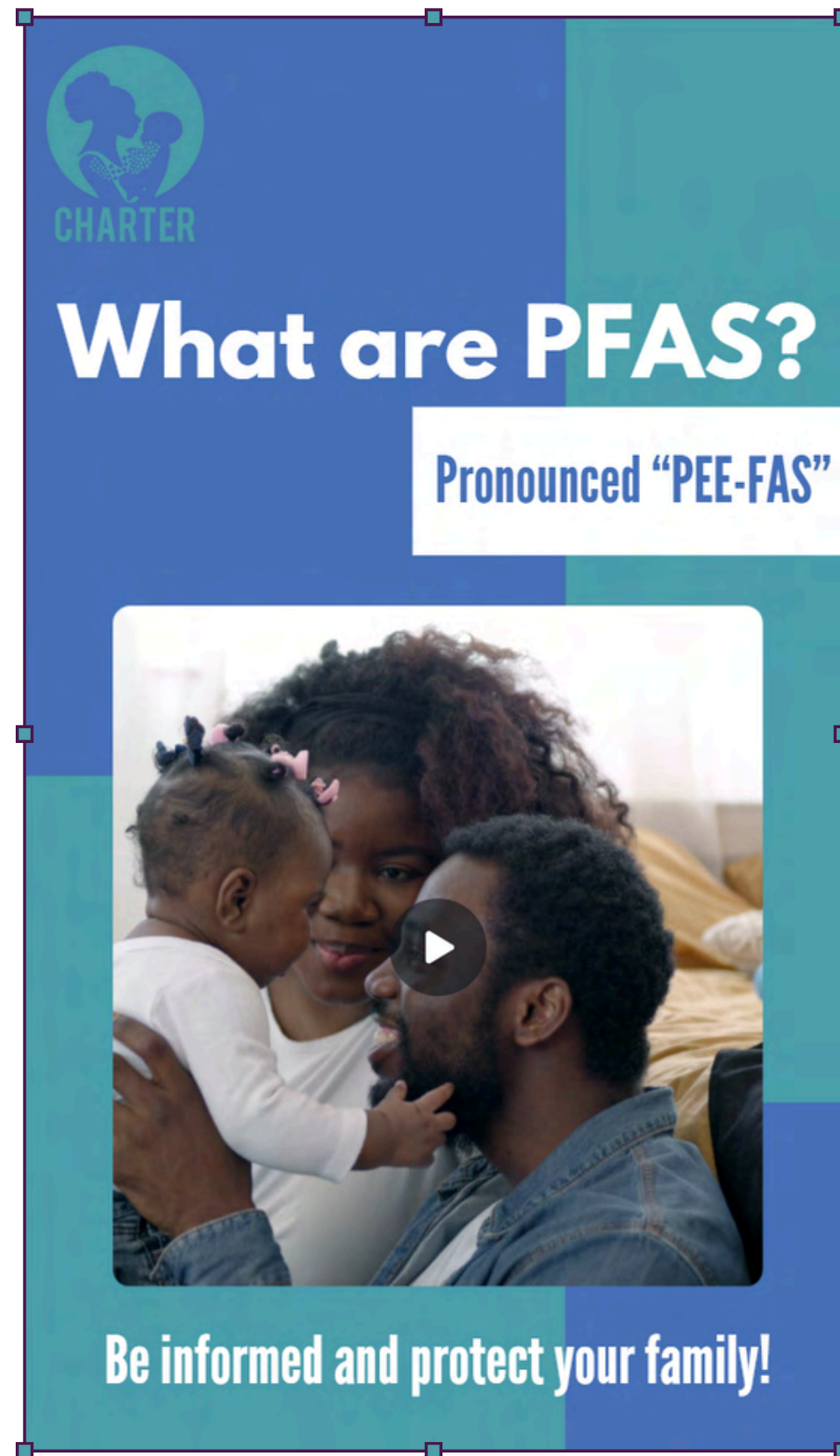
[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)





PFAS

More About PFAS [REEL]



CAPTION

Learn more about PFAS! What you need to know to protect your health and family's health. Stay tuned for our next reel for more information.

Stay informed with this resource: <https://www.pehsu.net/> **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #PFASawareness #ForeverChemicals #PFAS

LINK IN BIO

[Environmental Protection Agency \(EPA\) – PFAS Explained](#)
[Johns Hopkins – What to Know About PFAS](#)

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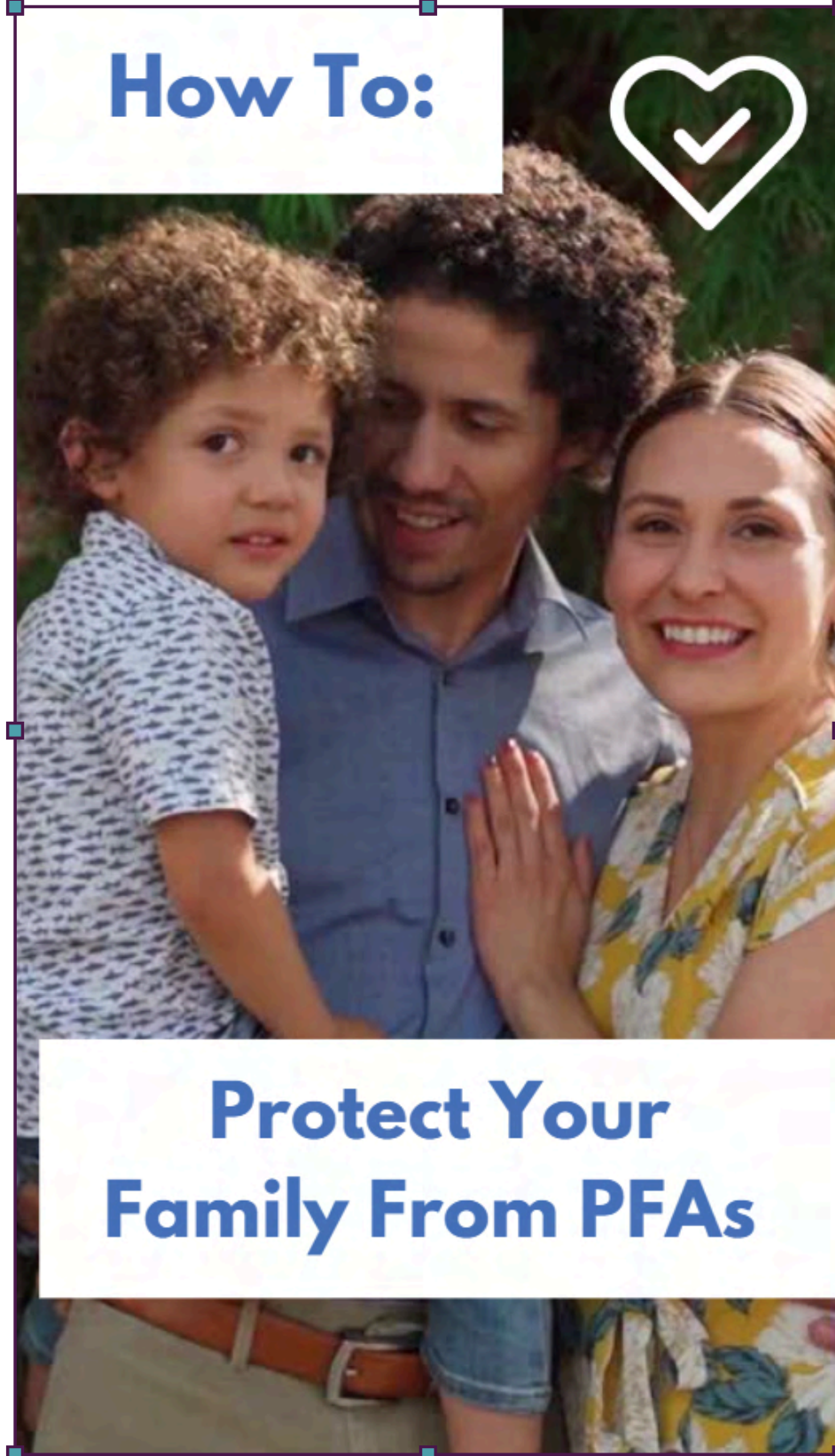
[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



PFAS

Protect Your Family from PFAS [REEL]

How To:



**Protect Your
Family From PFAs**

CAPTION

Protect your family from PFAS! Click the link below for more information on water filters. **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #PFASawareness #ForeverChemicals #PFAS

LINK IN BIO

[Environmental Protection Agency \(EPA\) – PFAS Explained](#)
[Johns Hopkins – What to Know About PFAS](#)
[How to Get PFAS Out of Your Drinking Water](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/RESHARE IN STORIES](#)



CANCER CAUSING CHEMICALS

Avoiding Chemicals that Cause Cancer



CAPTION

Protect Your Health: Beware of Cancer-Causing Chemicals Everyday products can hide dangerous carcinogens. Share to spread awareness and protect your friends and family. Stay tuned for more information about how to avoid these harmful chemicals. **[Tag @kblbat!]**

HASHTAGS

#KnowBetterLiveBetter #CancerPrevention #ChemicalAwareness #HealthyLiving

LINK IN BIO

[American Cancer Society – Known and Probable Human Carcinogens](#)
[American Cancer Society – Chemicals and Cancer](#)

[CLICK HERE TO EDIT AND DOWNLOAD series](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



CANCER CAUSING CHEMICALS

Cancer Causing Chemicals in the Home [REEL]



CAPTION

Watch to learn more about cancer-causing chemicals that are commonly found in households! Protect your family by being informed on VOCs and Off-gassing. **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #CancerPrevention #ChemicalAwareness #HealthyLiving

LINK IN BIO

[American Cancer Society – Known and Probable Human Carcinogens](#)
[American Cancer Society – Chemicals and Cancer](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



CANCER CAUSING CHEMICALS

Harmful Mattress Chemicals



CAPTION

Your mattress should help you rest, not harm your health. Let's learn how to make your bed safer! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #ChemicalAwareness #HealthySleep #SaferMattress
#OffGassingProducts

LINK IN BIO

[Environmental Working Group \(EWG\) – Mattress Chemicals You Could be Sleeping On](#)

[CLICK HERE TO EDIT AND DOWNLOAD series](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)

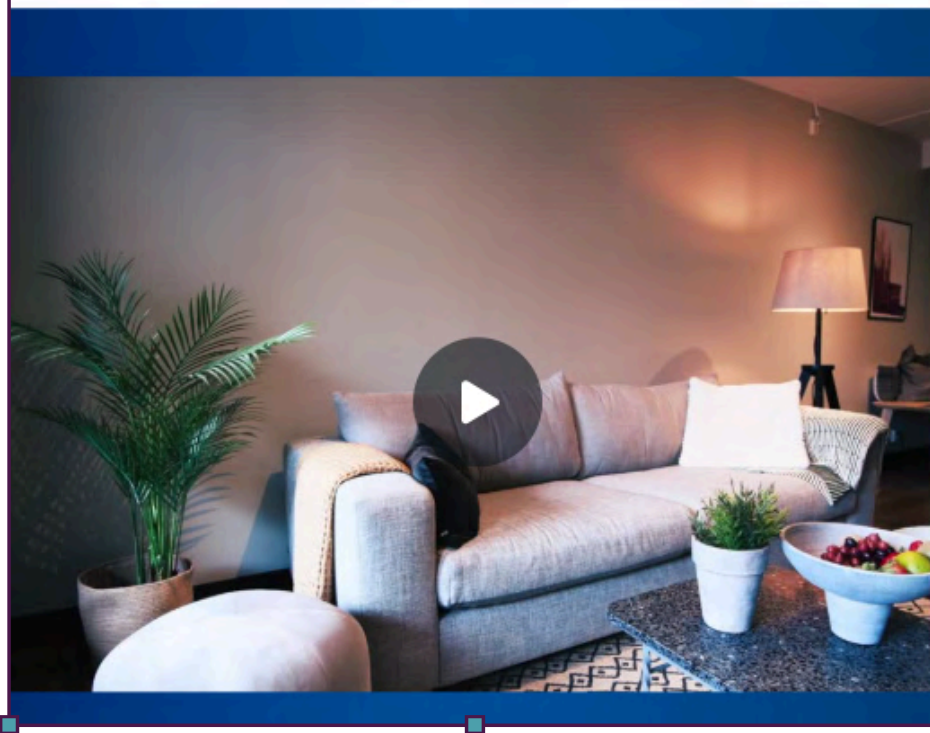
CANCER CAUSING CHEMICALS

Cancer Causing Chemicals in the Home: BPA [REEL]

**Cancer-Causing
Chemicals That Could Be
In Your Home:**



**BPA
and related chemicals**



CAPTION

Watch to find out cancer-causing chemicals that are often found in homes. Keep your family safe by being informed on BPA and other related chemicals! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #CancerCausingChemicals #BPA #CancerPrevention #ChemicalAwareness #HealthyLiving

LINK IN BIO

[Harvard University – Cancer Concerns from Everyday Products](#)

[American Lung Association – Cleaning Supplies and Household Chemicals](#)

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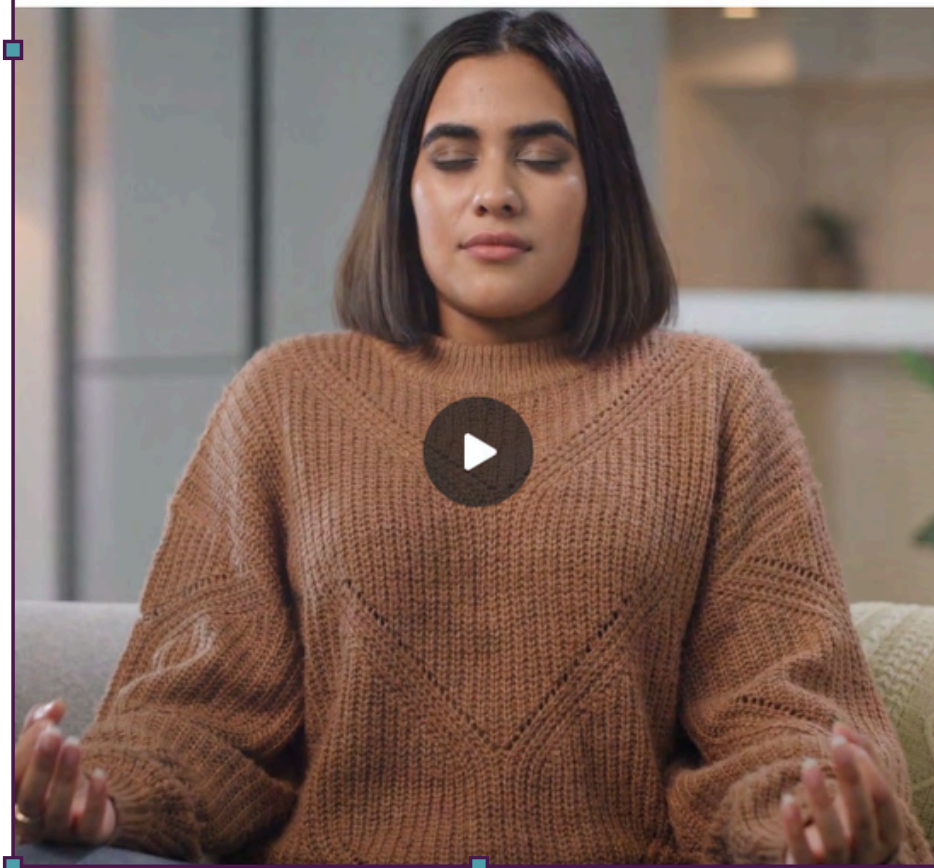
CANCER CAUSING CHEMICALS

Benzene and House Cleaning [REEL]

**Cancer-Causing Chemicals
That Could Be Hiding In Your
Home:**



Eliminate from your air and surfaces



CAPTION

Watch to learn more about Benzene and how to eliminate it from air and surfaces in your home! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #CancerCausingChemicals #Benzene #CancerPrevention
#ChemicalAwareness #HealthyLiving

[**CLICK HERE TO EDIT AND DOWNLOAD**](#)

[**CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES**](#)



CANCER CAUSING CHEMICALS

Shop Smart: BPA and Harmful Plastics



CAPTION

BPA and similar chemicals are found in many everyday products. These chemicals have been linked to cancer and other health issues. Let's learn how to avoid them! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #BPAFree #CancerCausingChemicals #PlasticAlternatives

LINK IN BIO

Smart Plastics Guide

Mayo Clinic – What is BPA? Should I be worried?

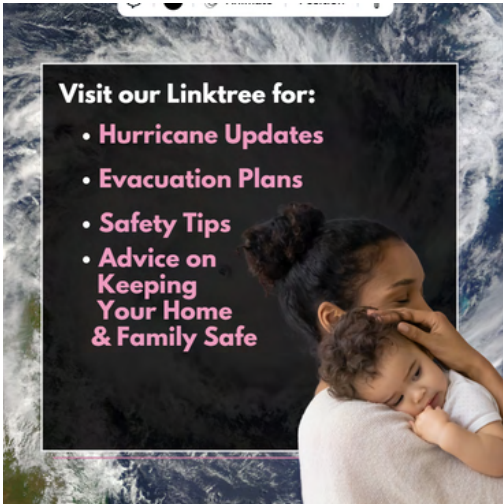
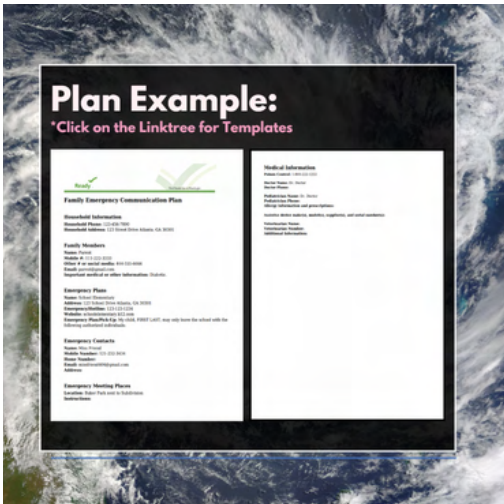
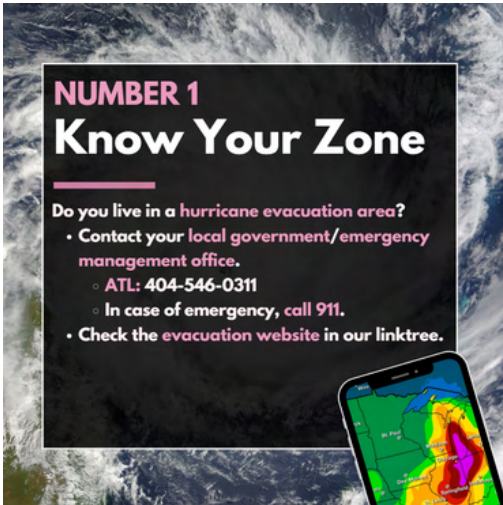
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[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



WEATHER RELATED EVENTS

Hurricane Season in GA: Tips for Preparing and Staying Safe (Part 1)



CAPTION

Stay safe during Hurricane Season! We've gathered important resources you may need—evacuation plans, safety tips, and ways to protect your home and loved ones.

Visit our Linktree for the latest updates and tips on how to be prepared! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #HurricaneSeason #StaySafe #EmergencyPreparedness
#StormSafety #Hurricane[enter name of recent hurricane to make it relevant]

LINK IN BIO

Safety Tips for Hurricanes
National Weather Service – What to Do Before the Tropical Storm or Hurricane

CLICK HERE TO EDIT AND DOWNLOAD

CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES

WEATHER RELATED EVENTS

Hurricane Season in GA: Tips for Preparing and Staying Safe (Part 2)



CAPTION

GA RESIDENTS: Share these important resources you and other Georgians may need for [#Hurricane\[Helene\]](#) — evacuation plans, safety tips, and ways to protect your home and loved ones.

For the latest updates and tips on how to be prepared, visit our Linktree! **[Tag @kblbatl]**

HASHTAGS

[#KnowBetterLiveBetter](#) [#HurricaneSeason](#) [#StaySafe](#) [#EmergencyPreparedness](#) [#StormSafety](#) [#Hurricane\[enter name of recent hurricane\]](#) [#GA](#) [#ATL](#)

LINK IN BIO

[Safety Tips for Hurricanes](#)
[National Weather Service – What to Do Before the Tropical Storm or Hurricane](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



WEATHER RELATED EVENTS

Staying Safe During Winter Weather



CAPTION

Winter weather can be unpredictable, but you don't have to be unprepared. From stocking up on essentials to staying safe during storms and power outages, these tips will help you weather the season safely.

Save this post and share it with your friends and family to keep everyone informed!

For more detailed tips and resources, visit gema.georgia.gov/winter. Stay warm, stay safe, and let's tackle winter together! **[Tag @kblbat!]**

HASHTAGS

#KnowBetterLiveBetter #WinterSafety #StormPreparedness #StayWarm
#WinterWeatherTips #SafetyFirst

LINK IN BIO

National Weather Service (NWS) – Winter Weather Safety

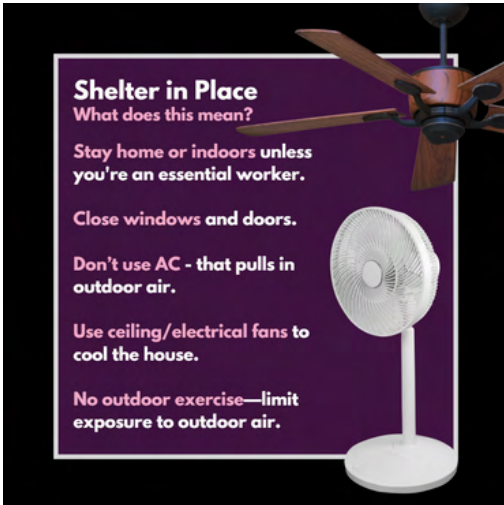
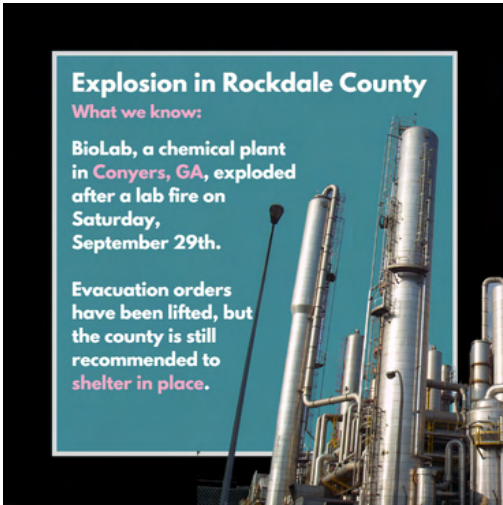
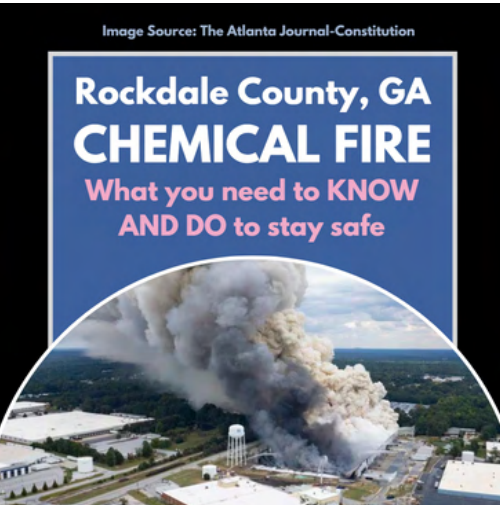
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[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



CHEMICAL DISASTER EVENTS

Rockdale County BioLab Explosion/Chemical Fire



CAPTION

Rockdale County & nearby residents: Here's a quick rundown of the chemical fire that happened Sunday morning in Conyers, GA, and some key safety tips!

If your area is affected, keep an eye on air quality updates—especially if you have kids or health conditions. Stay safe and stay informed! **[Tag @kblbatl]**

HASHTAGS

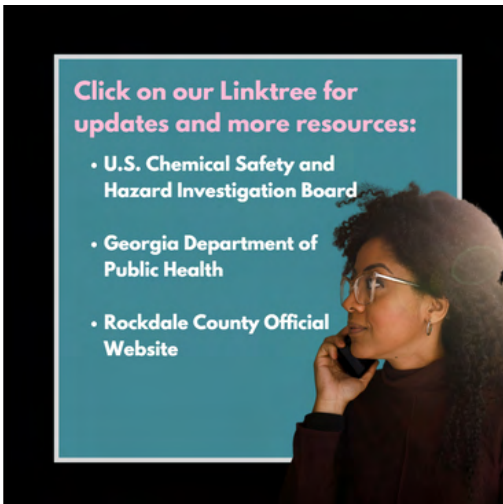
#KnowBetterLiveBetter #Biolab #ConyersGA #Rockdale #ChemicalFire #FireSafety

LINK IN BIO

[Rockdale County – BioLab Chemical Fire Updates](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



SMOKING CESSATION

Ready to Quit Vaping?



CAPTION

Ready to quit vaping? You're not alone! Check out these valuable resources to support your journey to a healthier, vape-free life. Your journey to better health starts now! **[Tag @kblbat!]**

HASHTAGS

#KnowBetterLiveBetter #StopVaping #LiveVapeFree

LINK IN BIO

Georgia Dept. of Public Health – Ready to Quit

CLICK HERE TO EDIT AND DOWNLOAD

CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES



SMOKING CESSATION

Hookah

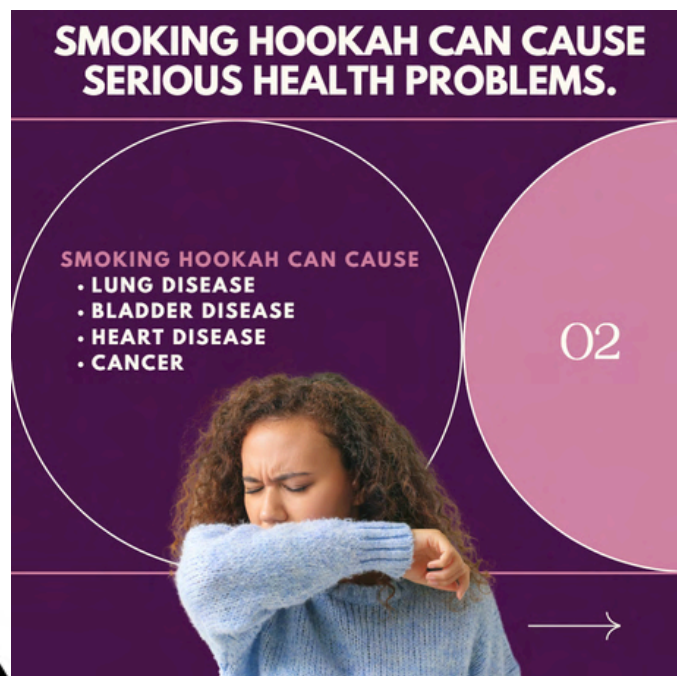


CAPTION

We're teaming up with [@cbwwatlanta](#) to provide more information on Smoking Cessation! Today we're talking about HOOKAH.

Quitting hookah isn't just about giving something up; it's about gaining so much more. Imagine a life where you can breathe deeply, laugh fully, and live longer – and it all starts with one choice today. You got this!

Access more information and resources by visiting our Linktree! **[Tag @kblbatl]**



HASHTAGS

#KnowBetterLiveBetter #CBWWATL #SmokingCessation #QuitHookah

LINK IN BIO

[Mayo Clinic – Learn about Hookah Smoking](#)

[American Lung Association – Facts About Hookah](#)

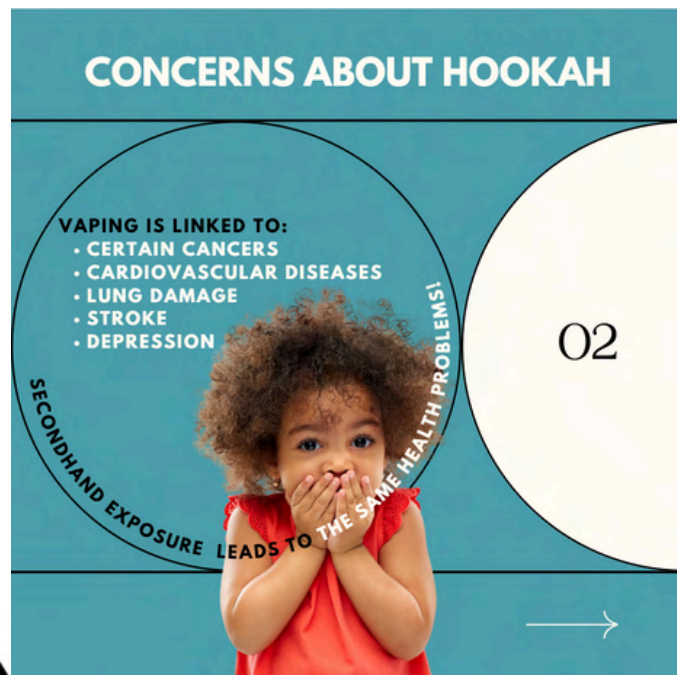
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[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



SMOKING CESSATION

Vapes



CAPTION

In collaboration with [@cbwwatlanta](#) we want to connect you with resources to stop VAPING.

Quitting vaping is a journey, and every small step counts. Each day vape-free is a victory for your health, your happiness, and your future.

Take that step today – you're stronger than you think! Access more information and resources by visiting our Linktree! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #CBWWATL #Vaping #QuitVaping #SmokeFree

LINK IN BIO

[Centers for Disease Control and Prevention \(CDC\) – Health Effects of Vaping](#)

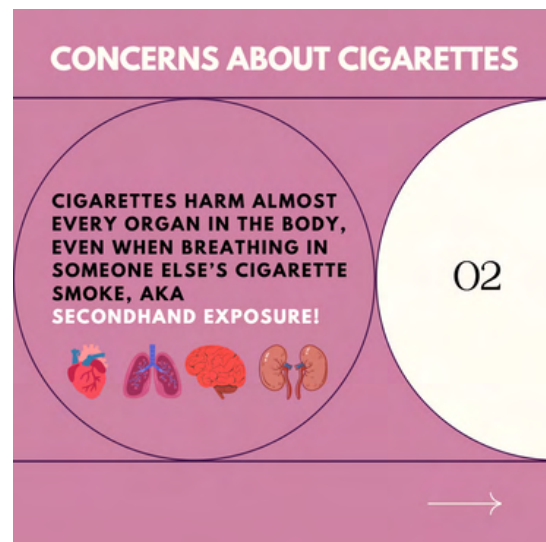
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Cigarettes

SMOKING CESSATION



CAPTION

Each cigarette you leave behind is a step toward better health, more energy, and a happier life.

Quitting may be tough, but you are strong enough to make the decision! Invest in yourself, your family, break the habit, and step confidently into a healthier, smoke-free life.

Access more information and resources by visiting our Linktree!

Thank you to our friends at [@cbwwatlanta](#) for collaborating with us to provide more information on Smoking Cessation and cigarettes! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #CBWWATL #Smoking #QuitSmoking #SmokeFree

LINK IN BIO

[Centers for Disease Control and Prevention – Cigarette Smoking](#)

[CLICK HERE TO EDIT AND DOWNLOAD series](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



KITCHEN BASICS

So Fresh, So Clean – Food Preparation



CAPTION

A quick rinse goes a long way!

Washing your food isn't just about dirt—it's about removing germs, pesticides, and residues that don't belong on your plate. It's a simple, powerful habit that supports your health and a cleaner, greener kitchen.

Part of our Eco-Friendly Cooking Kitchen series with [@cbwwatlanta](#) —because caring for yourself and the planet starts with everyday choices. **[Tag @kblbatl]**



HASHTAGS

#KnowBetterLiveBetter #EcoKitchenTips #SustainableLiving #HealthyHabits
#WashBeforeYouEat #GreenKitchen #CBWWATL

LINK IN BIO

[Saving Water](#) - [Cleaning Rice](#) - [Cleaning Fruits and Veggies](#)
[Cleaning Stainless Steel Pots & Pans](#)

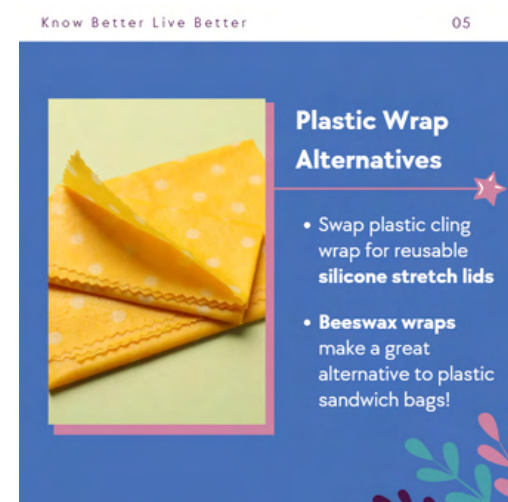
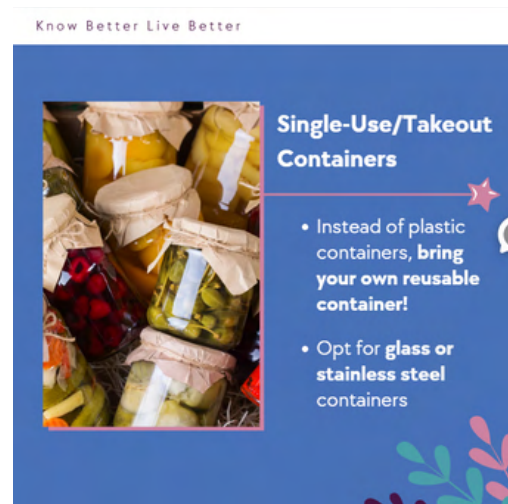
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[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



KITCHEN BASICS

Simple Kitchen Swaps: Cutting Down on Plastic



CAPTION

Did you know that many single-use plastics contain harmful chemicals? Let's swap them out for safer, reusable options! Small changes = BIG impact!

Ready to reduce plastic use and protect your health? Learn more using the Linktree in our bio. **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #EcoCooking #DitchPlastic #SustainableLiving

LINK IN BIO

Environmental Working Group (EWG) – Meals Without Microplastics
Penn State – Learn More About Microplastics

[CLICK HERE TO EDIT AND DOWNLOAD](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



KITCHEN BASICS

Eco-Friendly Cooking (Part 1)



CAPTION

Ready to cook greener? Today we're joining [\[@CBWWATLANTA\]](#) in sharing easy, everyday tips to make your meals more sustainable — from using energy-efficient appliances to cutting plastics and shopping local.

Your kitchen is a powerful place for change. Let's make every meal matter! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #EcoCookingTips #CookGreen #SustainableKitchen #WasteLessLiveMore #CBWWATL

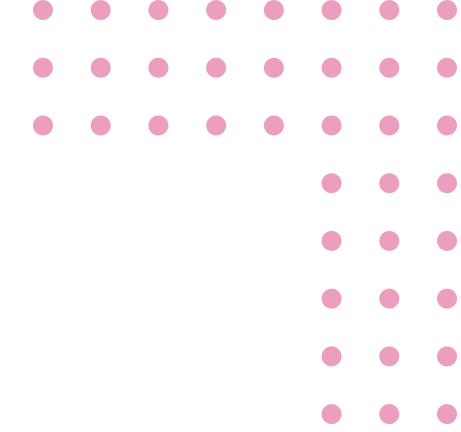
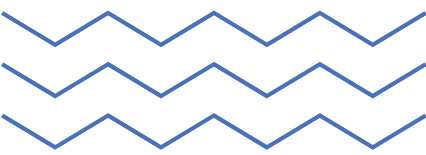
LINK IN BIO

[What is Snap? - Farmers Markets Accepting SNAP](#)
[Tips for Sustainable Cooking](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)





KITCHEN BASICS

Eco-Friendly Cooking (Part 2)



CAPTION

Eco-friendly cooking isn't just good for your wallet — it's a small act with big impact. Along with [\[@CBWWATLANTA\]](#), we're here with tips on how to achieve healthier meals, less waste, and a happier planet .

Let's cook up a greener future, one bite at a time. **[Tag @kblbatl]**

HASHTAGS

[#KnowBetterLiveBetter](#) [#EcoCooking](#) [#SustainableLiving](#) [#GreenKitchenGoals](#)

LINK IN BIO

[Tips and Benefits for Sustainable Cooking](#)

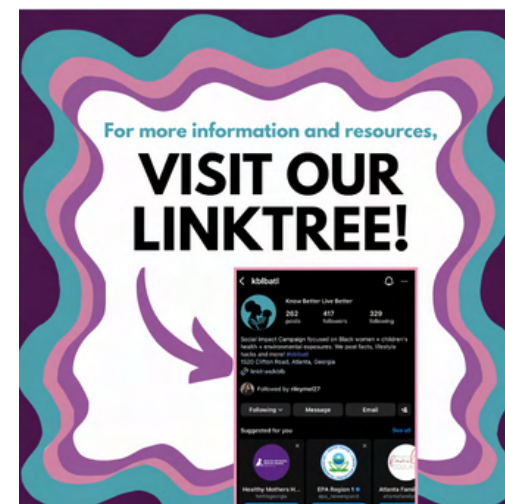
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KITCHEN BASICS

Clean 15 & Dirty Dozen (2024)



CAPTION

Every year, the Environmental Working Group (EWG) releases its “Clean 15” and “Dirty Dozen” lists to help you make informed shopping decisions.

Reduce exposure to pesticides by saving and sharing this brief guide to 2024’s list!
[Tag @kblbatl]

HASHTAGS

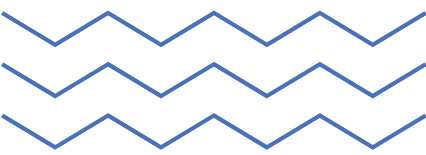
#KnowBetterLiveBetter #SavvyShopping #GroceryShopping #Clean15 #DirtyDozen
#EWG #CBWWatlanta

LINK IN BIO

[Environmental Working Group \(EWG\) – 2025 Shopper’s Guide](#)

[CLICK HERE TO EDIT AND DOWNLOAD](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)



KITCHEN BASICS

Kitchen Basics (Part 1) [REEL]



CAPTION

Keep cooking fun with the family using these basic cooking tips on the do's and don'ts for clean cooking/drinking water as well as non toxic pans!

Check the Linktree in our bio for more resources on keeping cooking safe and clean for all!
[Tag @kblbatl]

HASHTAGS

#KnowBetterLiveBetter #HealthyLiving #NonToxicKitchen #FamilyCooking #EcoFriendlyLiving #HealthFirst

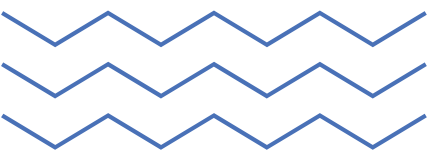
LINK IN BIO

Food Safety – 4 Steps to Food Safety.

[CLICK HERE TO EDIT AND DOWNLOAD](#)

[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)





KITCHEN BASICS

Kitchen Basics (Part 2) [REEL]



CAPTION

Opt for glass and other non toxic materials for cutlery, storage, and more. In addition, reheat food in microwave safe containers and avoid plastic or previously used containers like to-go boxes! **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #HealthyLiving #NonToxickitchen #FamilyCooking #EcoFriendlyLiving #HealthFirst

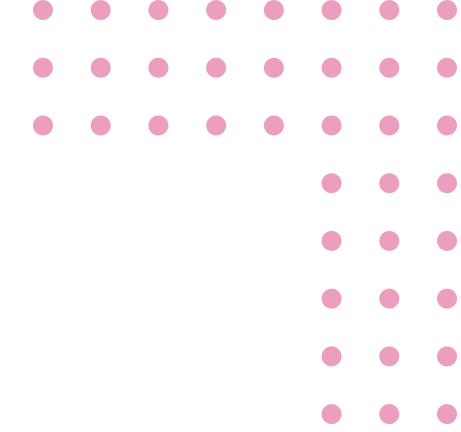
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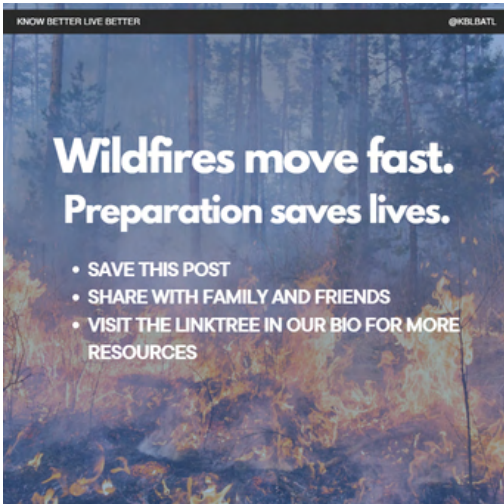
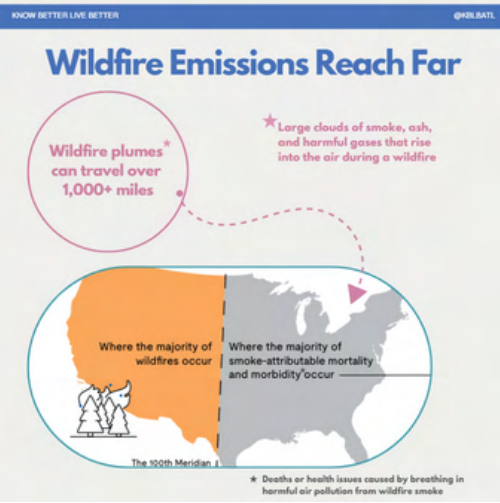
[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)





WILDFIRE SAFETY

Wildfires Affect Everyone



CAPTION

You don't have to live near a wildfire to feel its effects.

Smoke travels hundreds—even thousands—of miles. Smoke from wildfires has very bad particles that hurt your breathing, your heart , and overall well-being.

There are ways to keep you and your family healthy: Use air purifiers, seal up windows - small steps like this can make a big difference.

Check the Linktree in our bio for more tips on keeping yourself safe during wildfires!
[Tag @kblbatl]

HASHTAGS

#KnowBetterLiveBetter #WildfireSmoke #AirQualityMatters #BreatheBetter
#WildfireSafety

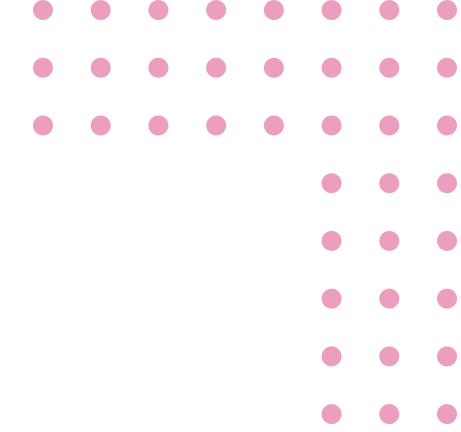
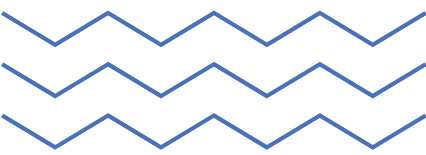
LINK IN BIO

National Weather Service – Wildfire Safety.

[CLICK HERE TO EDIT AND DOWNLOAD](#)

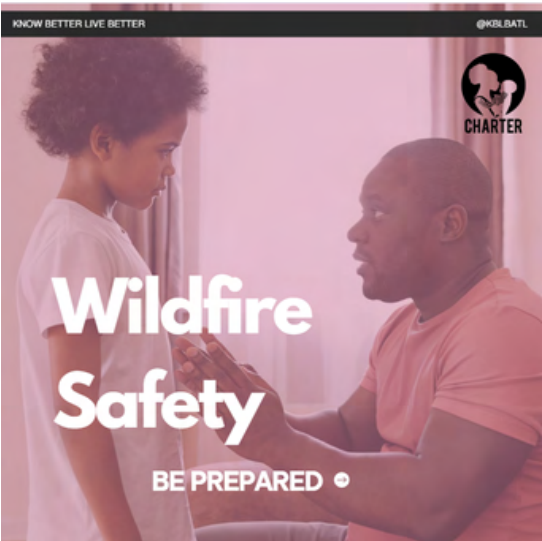
[CLICK HERE TO VIEW THE ORIGINAL POST/ RESHARE IN STORIES](#)





WILDFIRE SAFETY

Wildfire Safety - Be Prepared



CAPTION

Planning ahead can help you feel more in control—no matter what wildfire season brings. Now's the time to put together an emergency kit, prepare your home, and map out safe evacuation routes.

You don't have to do it all at once. Taking one step at a time builds protection for you, your family, and even your pets.

We've got your back with easy, actionable tips. **[Tag @kblbatl]**

HASHTAGS

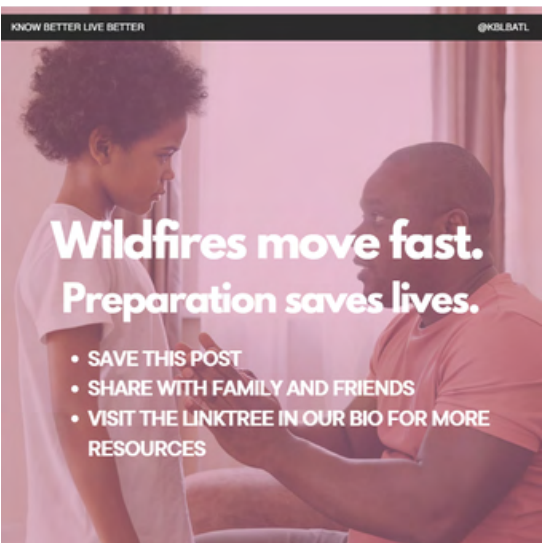
#KnowBetterLiveBetter #PreparedNotScared #WildfireReady #EmergencyPrep #CommunitySafety

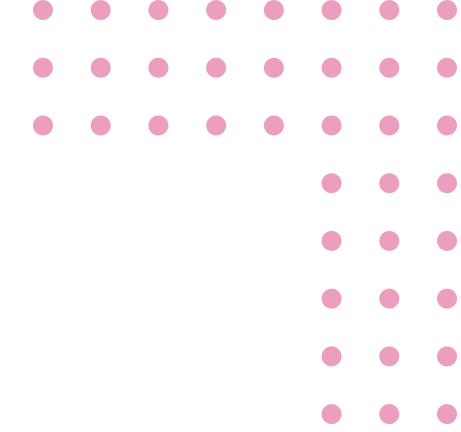
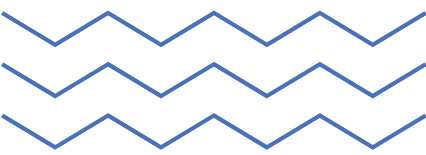
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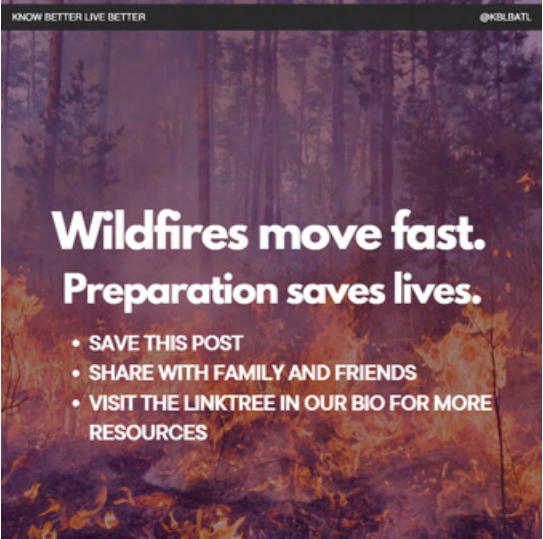
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WILDFIRE SAFETY

Wildfire Safety- During a Wildfire



CAPTION

When a wildfire is active, your safety (and your family’s safety) comes first.

It’s okay to feel overwhelmed—just remember, there are resources and people ready to help.

Even after the fire is out, hazards like smoke and ash can remain. Take care of yourself, your family, and your space.

You’re not alone in this. **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #StaySafe #WildfireAwareness #WildfireSafety
#EmergencyPreparedness #NaturalDisasters

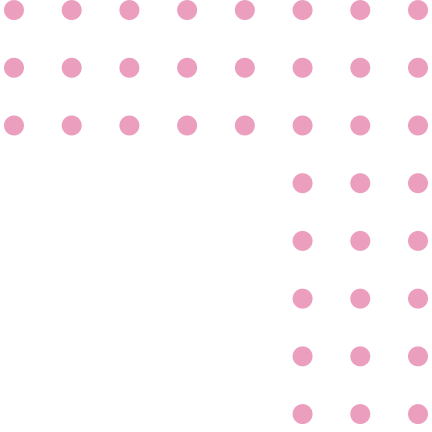
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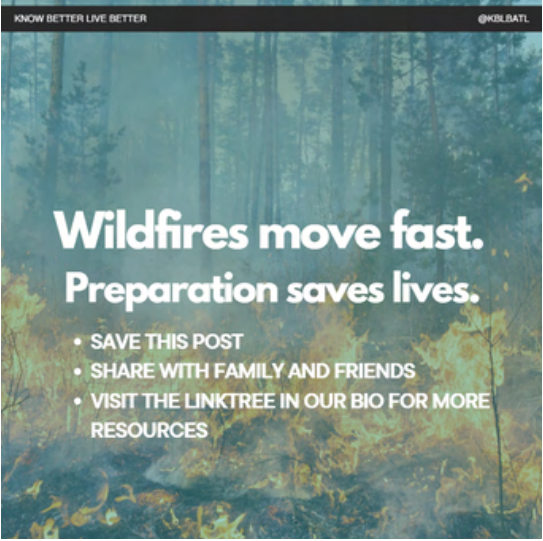
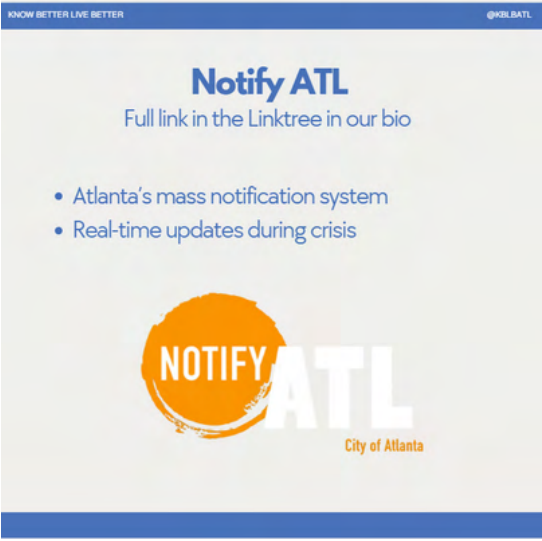
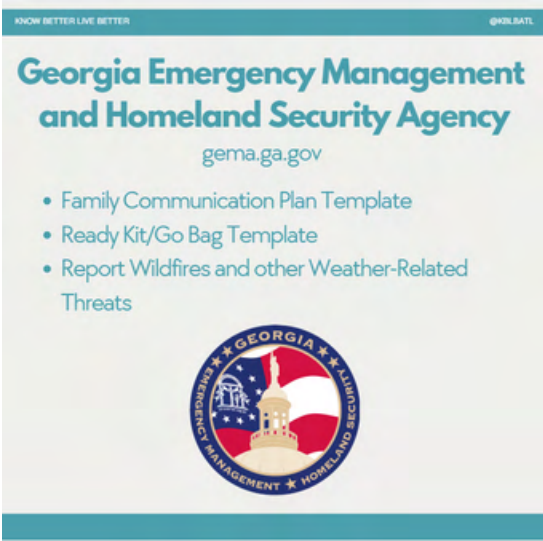
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WILDFIRE SAFETY

Atlanta (ATL) Wildfire Resources



CAPTION

Support is out there—and we’ve gathered it for you.

Whether you need help preparing your home, evacuating safely, or getting back on your feet after a fire, trusted organizations are ready to assist.

Swipe through for emergency contacts, air quality tools, and recovery resources you can count on. **[Tag @kblbatl]**

HASHTAGS

#KnowBetterLiveBetter #WildfireRelief #KnowYourResources #SupportNetwork
#WildfireSafety #EmergencyPreparedness

LINK IN BIO

GEMHSA - First Street - Notify ATL - CIRI

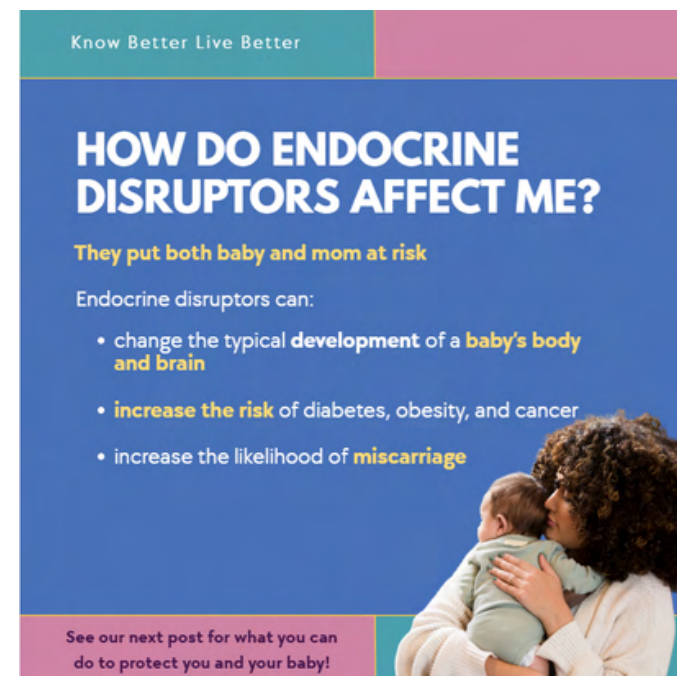
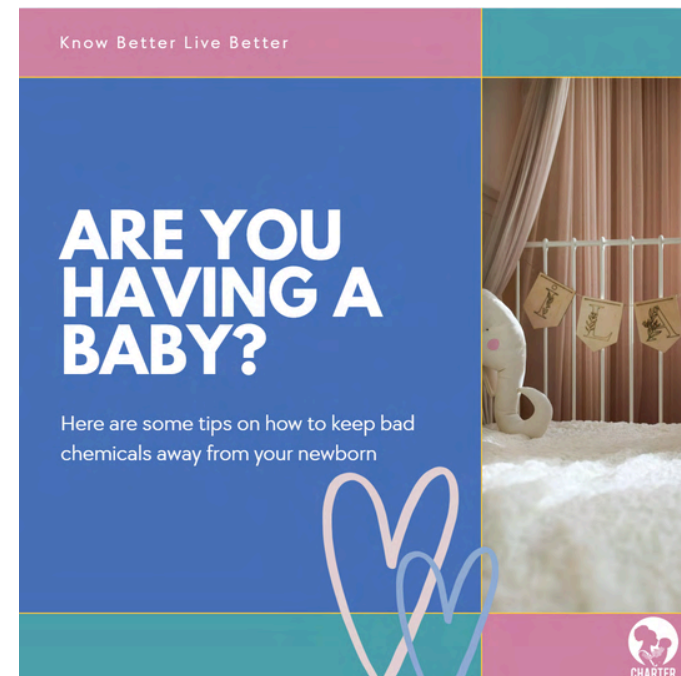
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INFANT AND MOTHER HEALTH

Healthy Nesting: Are you Having a Baby?



CAPTION

our baby's healthiest start begins before birth. From cleaning products to tiny onesies, everyday choices can shape your little one's future. Small swaps can help protect their developing body and brain—especially from hidden endocrine disruptors.

Swipe to uncover where they hide and how to keep you and your baby safe.

Because when you know better, you grow better.

HASHTAGS

#KnowBetterLiveBetter #KnowBetterGrowBetter #EcoNesting #BabyWellness #ItsNeverTooLateToStart

LINK IN BIO

[How to Protect Your Baby from Hidden, Toxic Chemicals](#)

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INFANT AND MOTHER HEALTH

What Can You Do to Protect Your Baby? (Part 2)



CAPTION

Eco nesting isn't just a trend. It's a mindful approach to creating a healthy space and minimizing harmful chemicals for you and your baby-- before AND after birth!

Did you know that endocrine disrupting chemicals can affect your baby's health? These chemicals lurk in everyday items from cleaning products to clothing! Simple swaps make a big difference:

- Choose 100% organic cotton for clothing and blankets
- Opt for fragrance-free body and household products
- Select BPA-free bottles, toys, and pacifiers
- Invest in quality HEPA filters for cleaner air

By being intentional about what enters your home, you're setting the foundation for healthy development!

HASHTAGS

#KnowBetterLiveBetter #EcoNesting #BabyWellness #NonToxicLiving
#OrganicBaby #NontoxicBabyProducts #ItsNeverTooLateToStart

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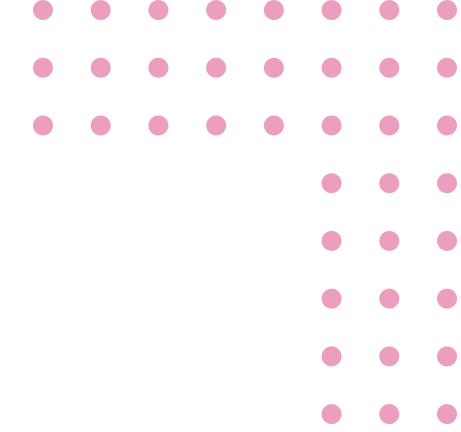
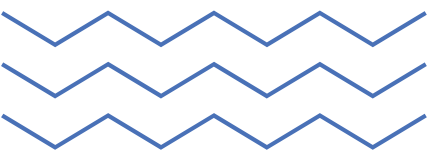
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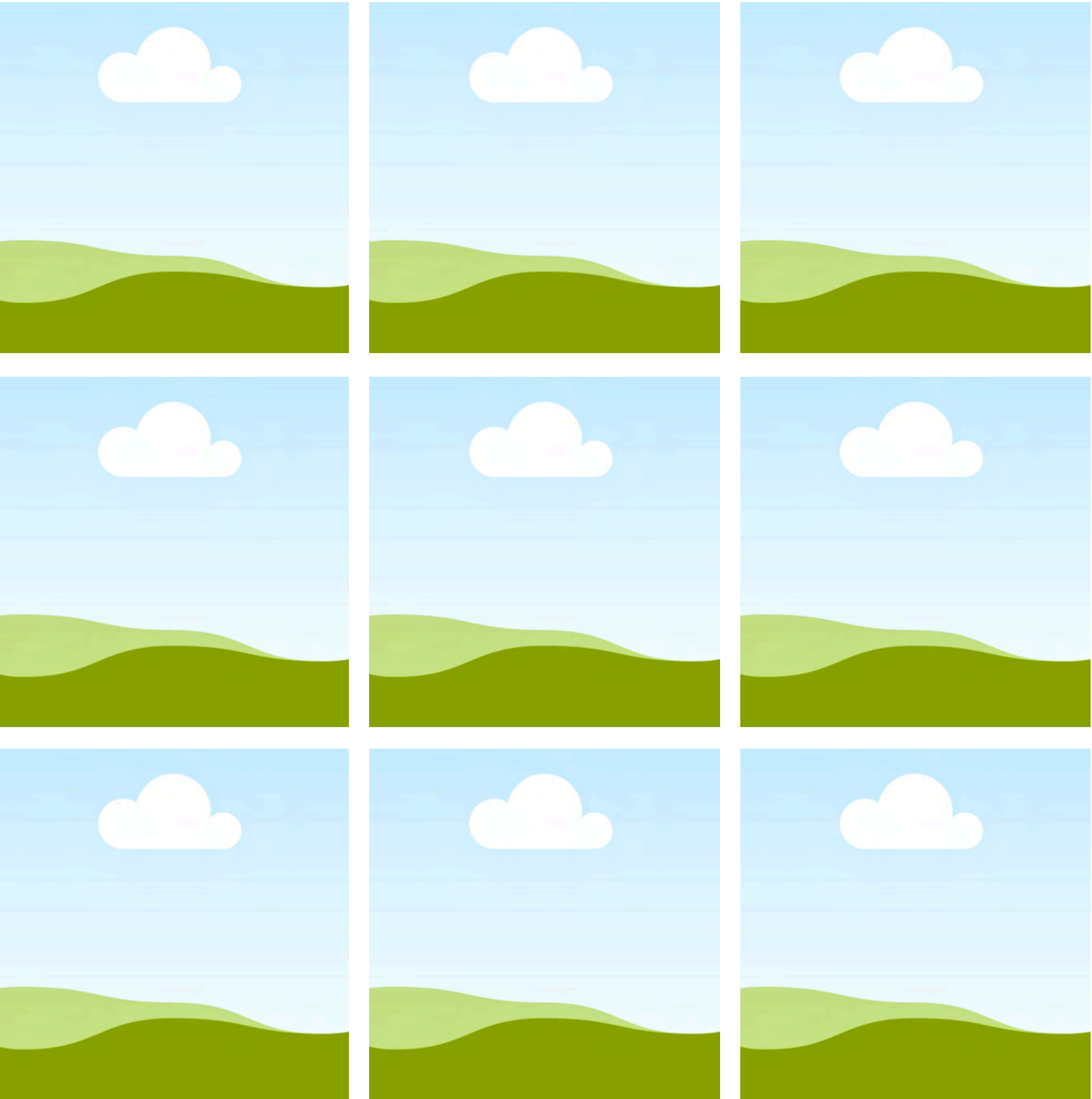


Toolkit Quality Assurance Checklist



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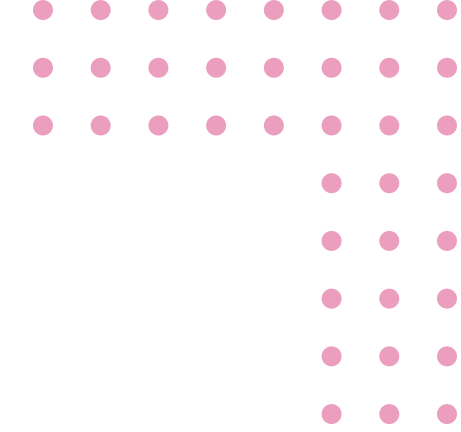
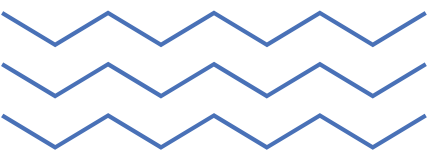
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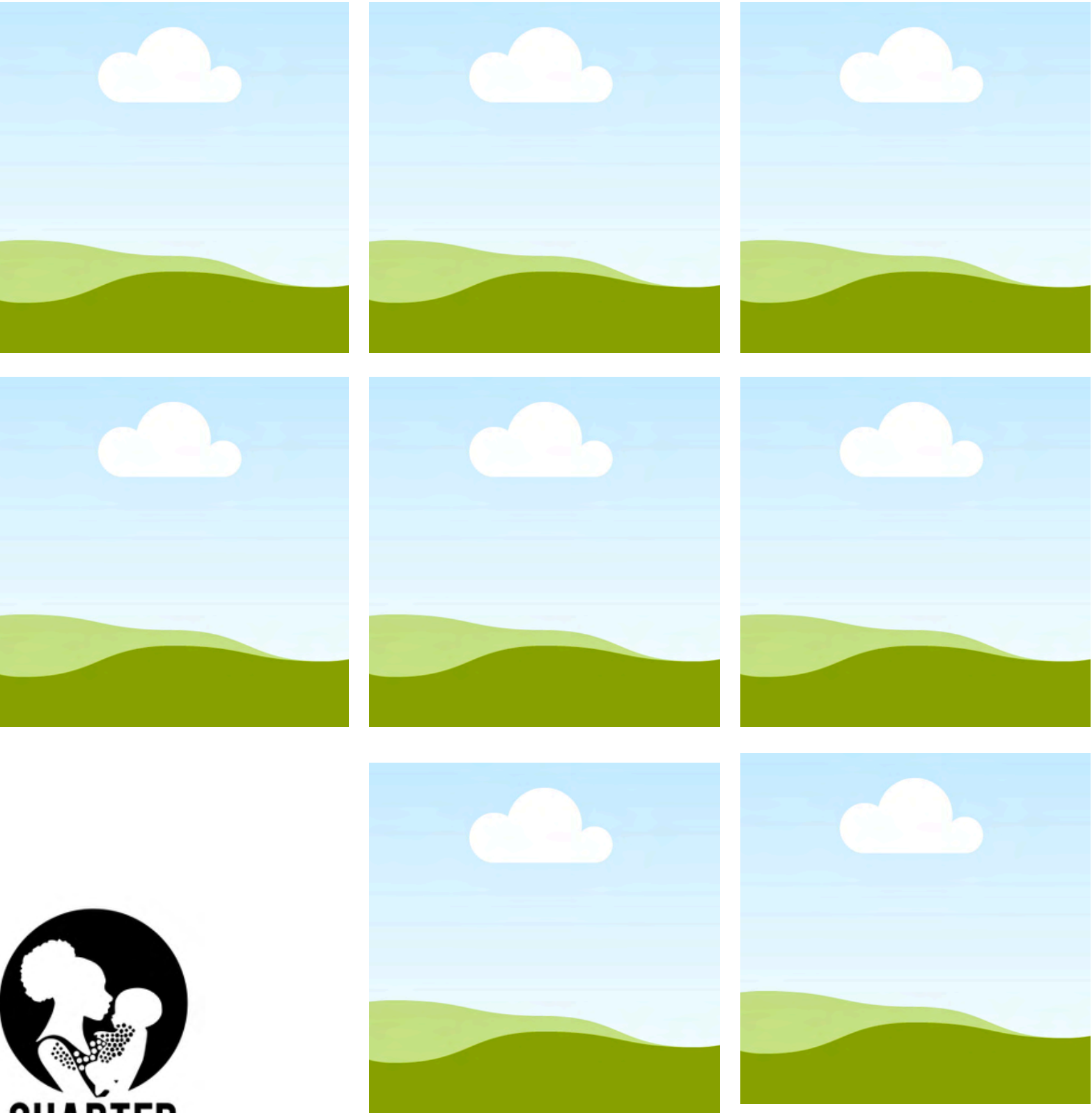
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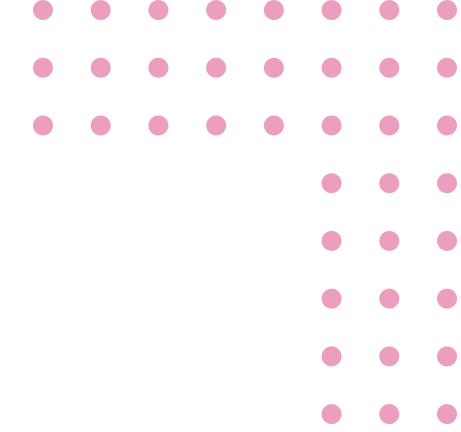
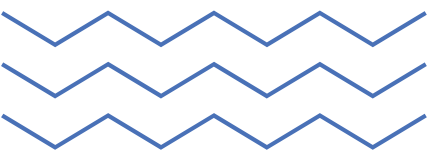
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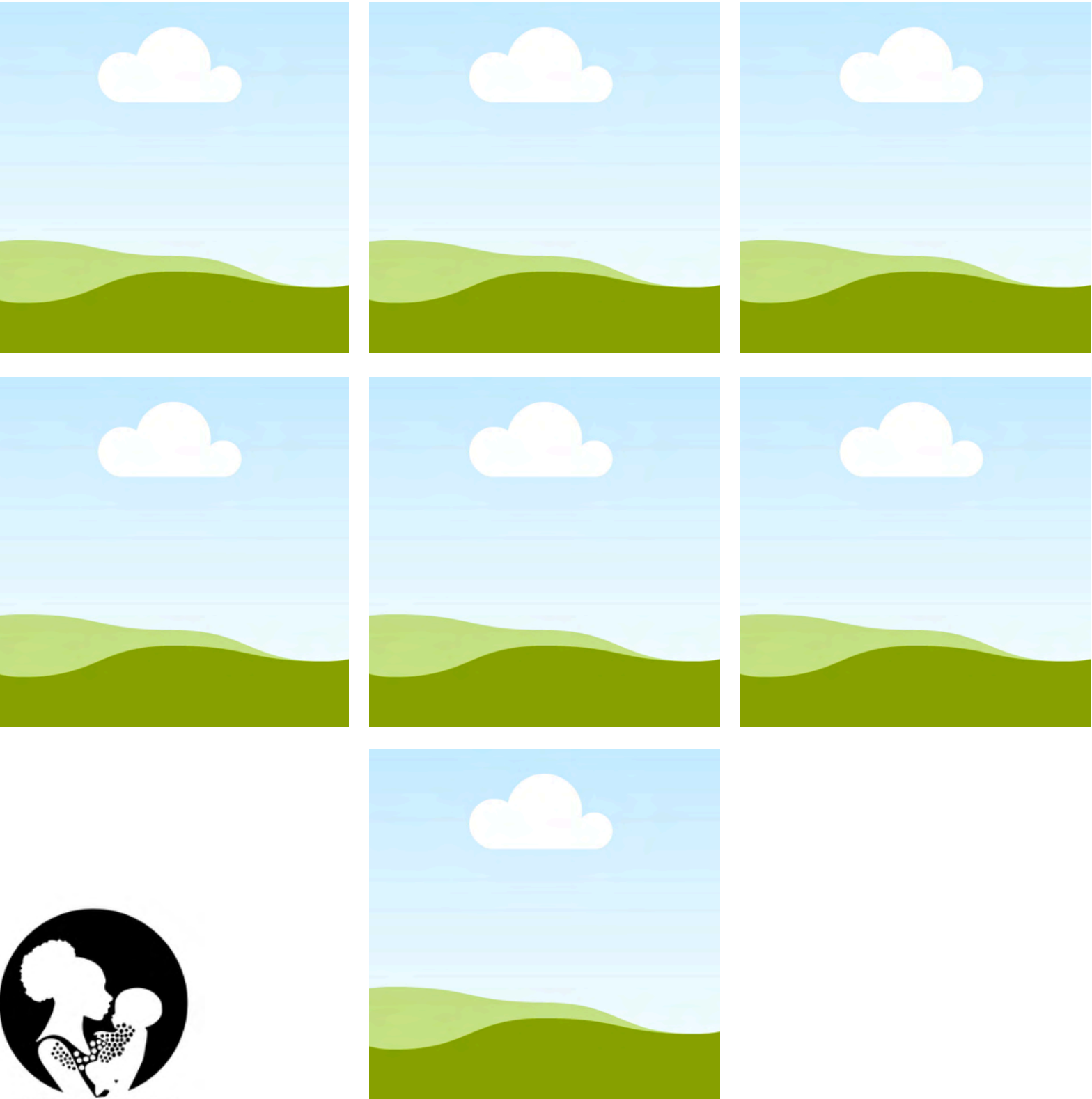
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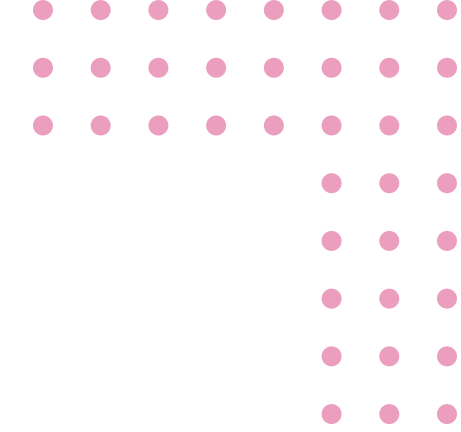
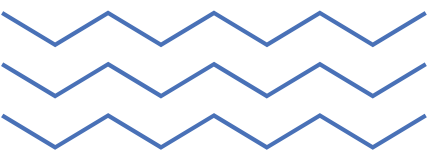
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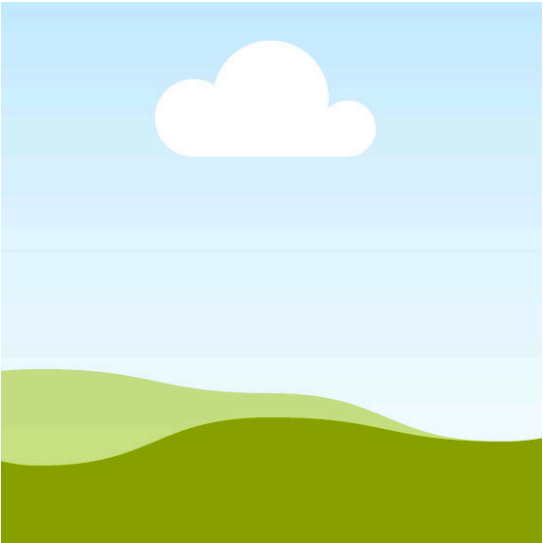
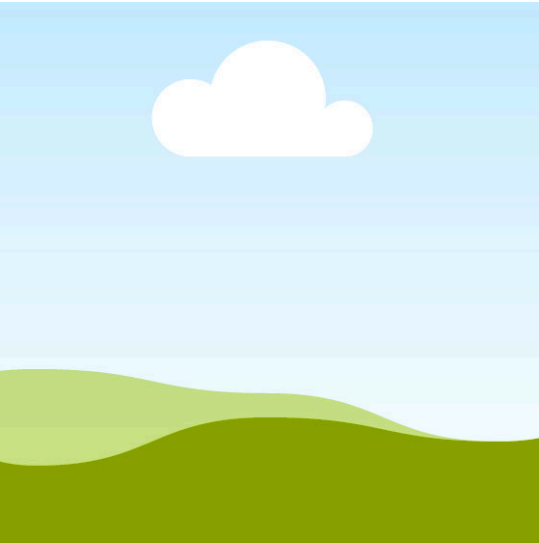
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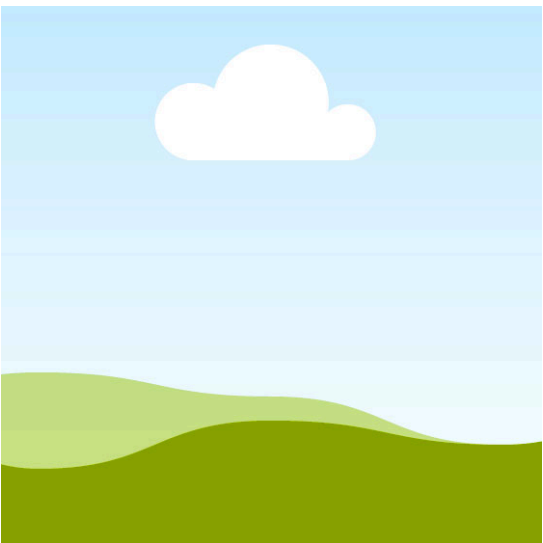
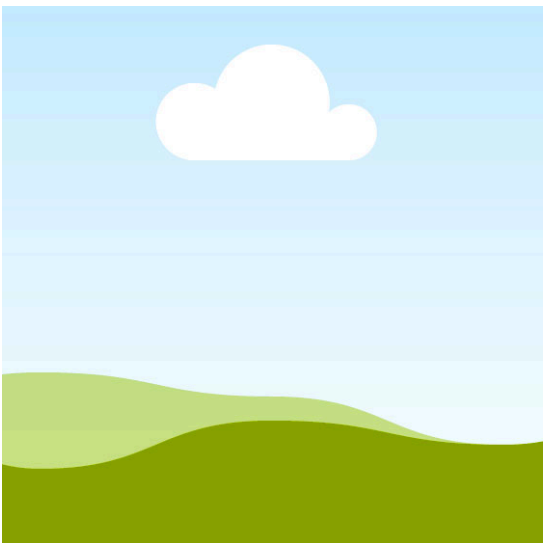
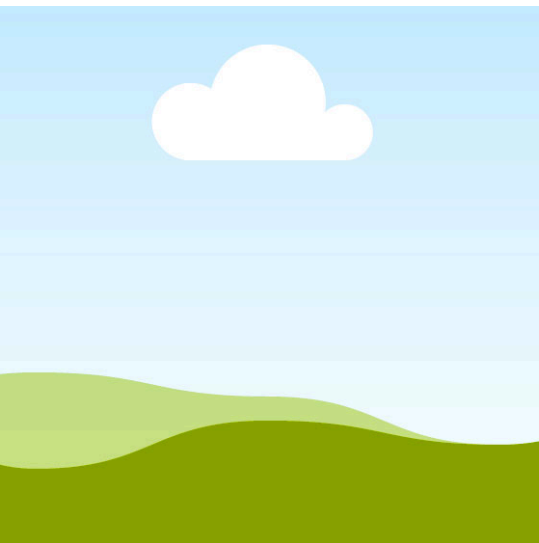
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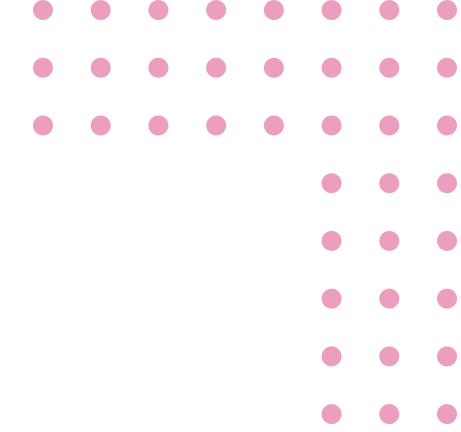
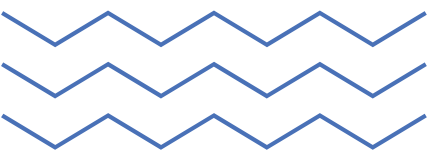
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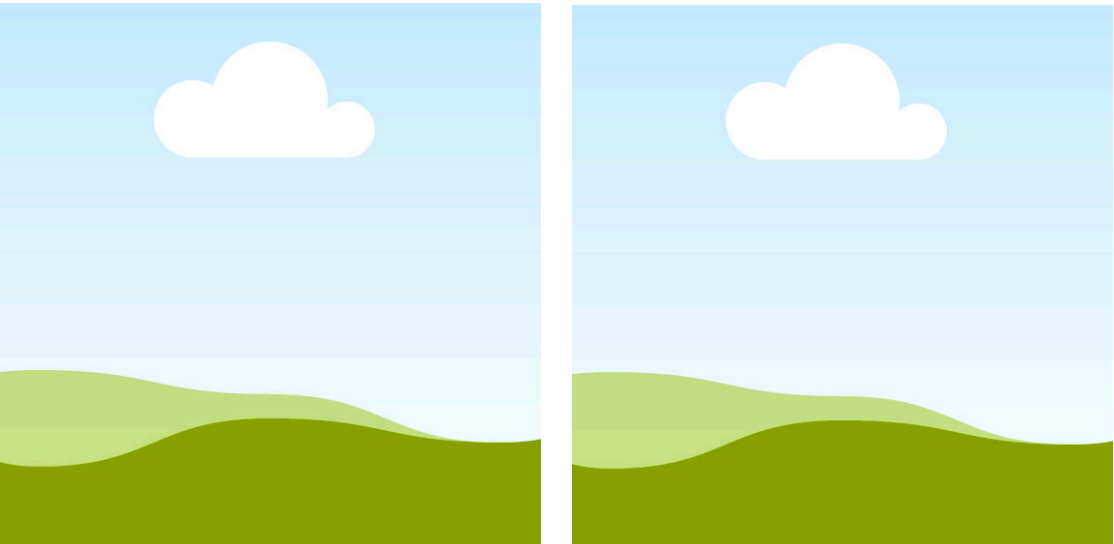


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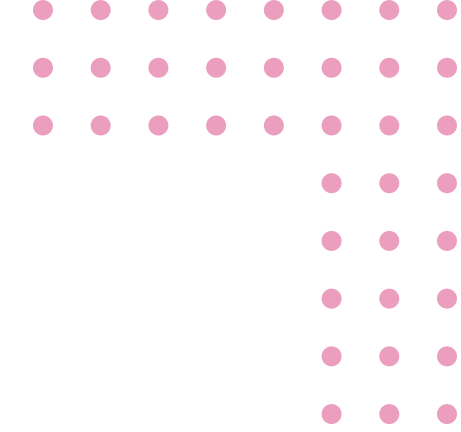
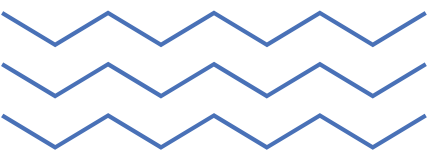
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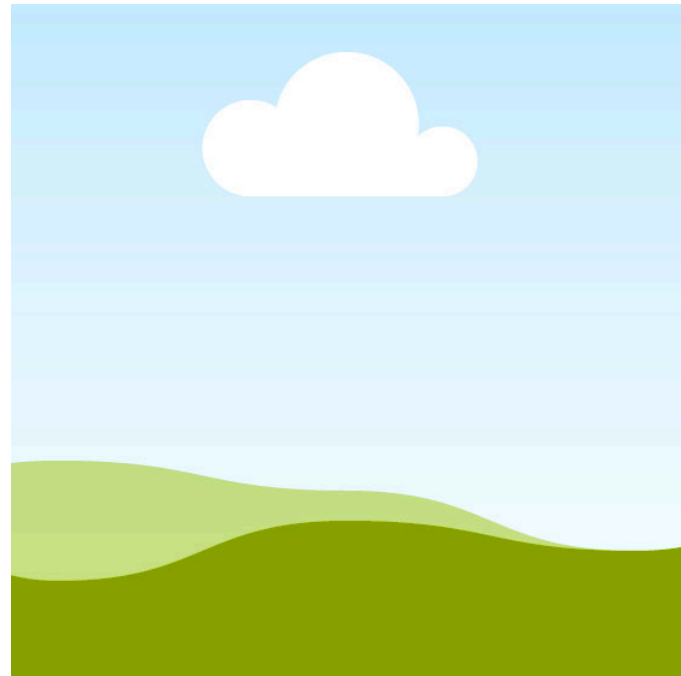
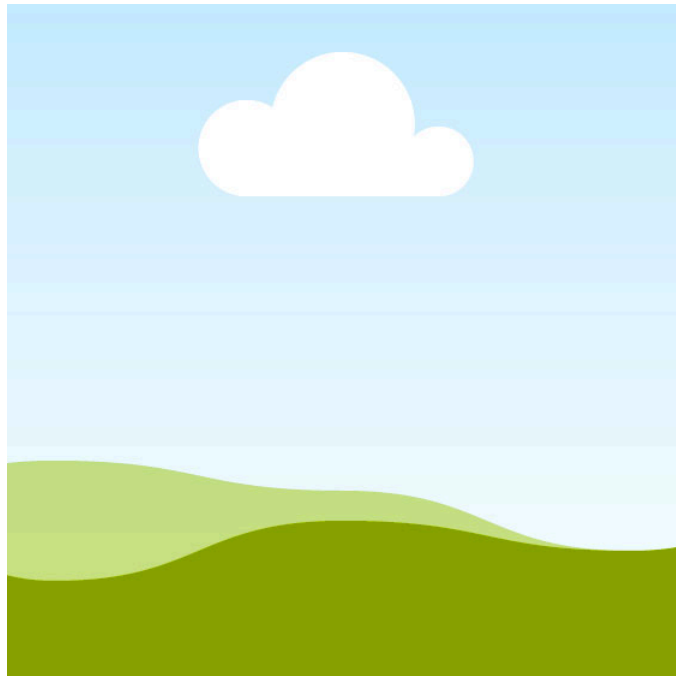
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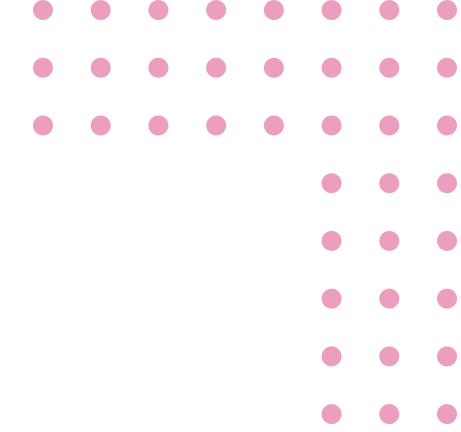
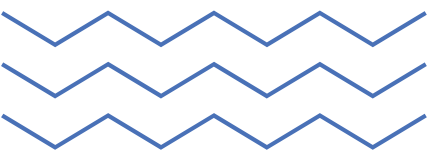
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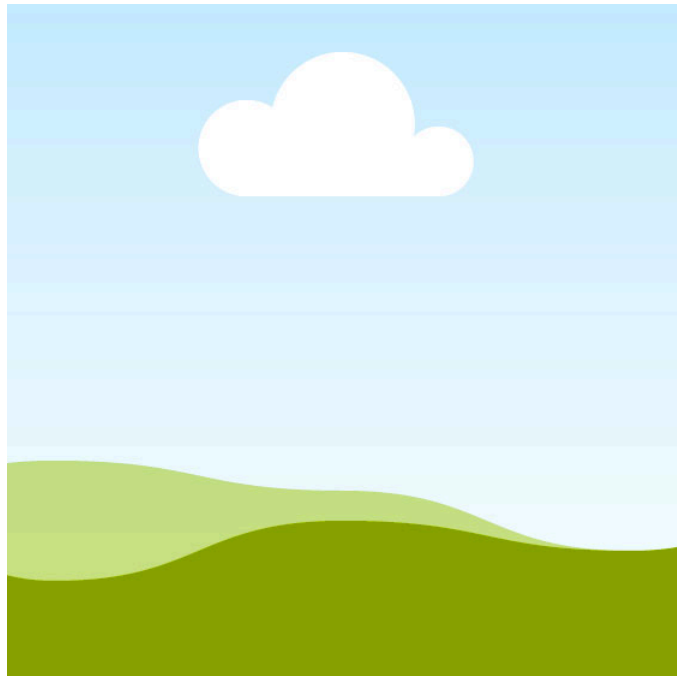
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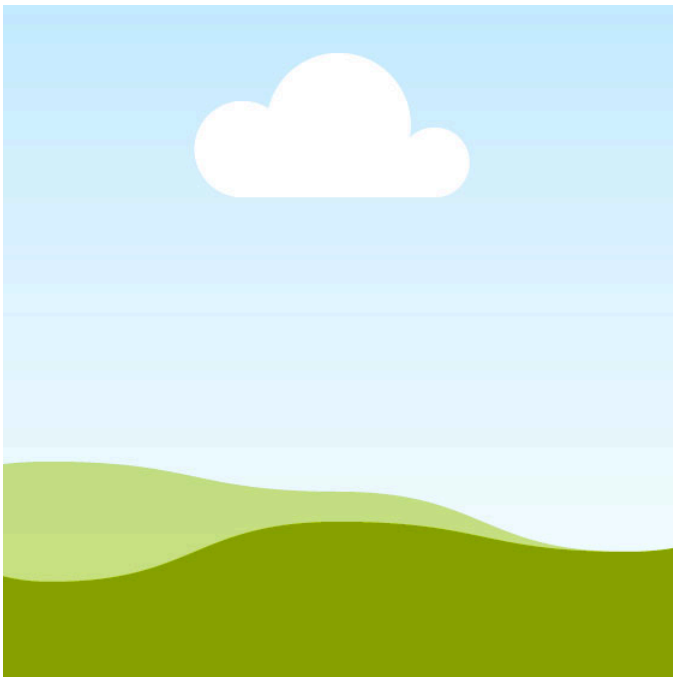
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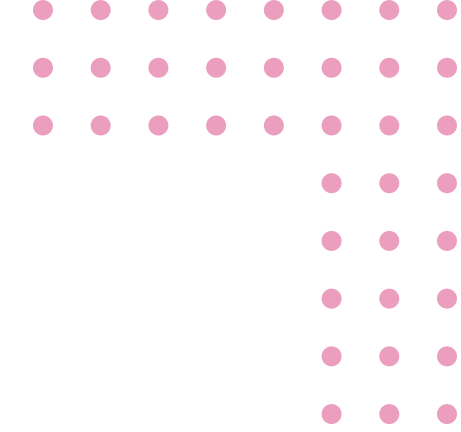
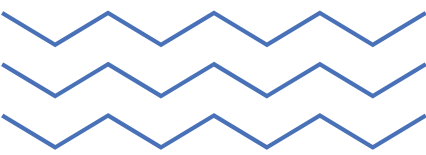
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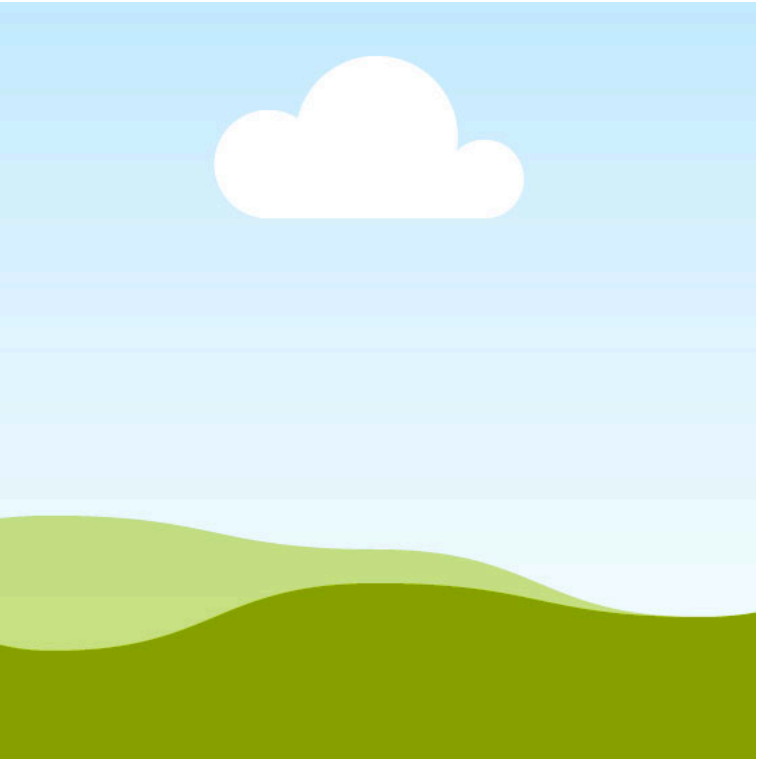
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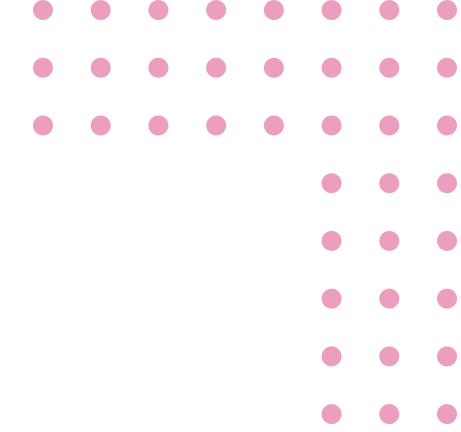
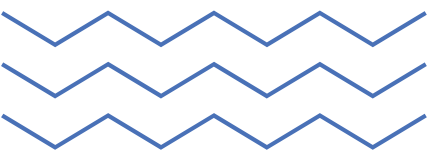
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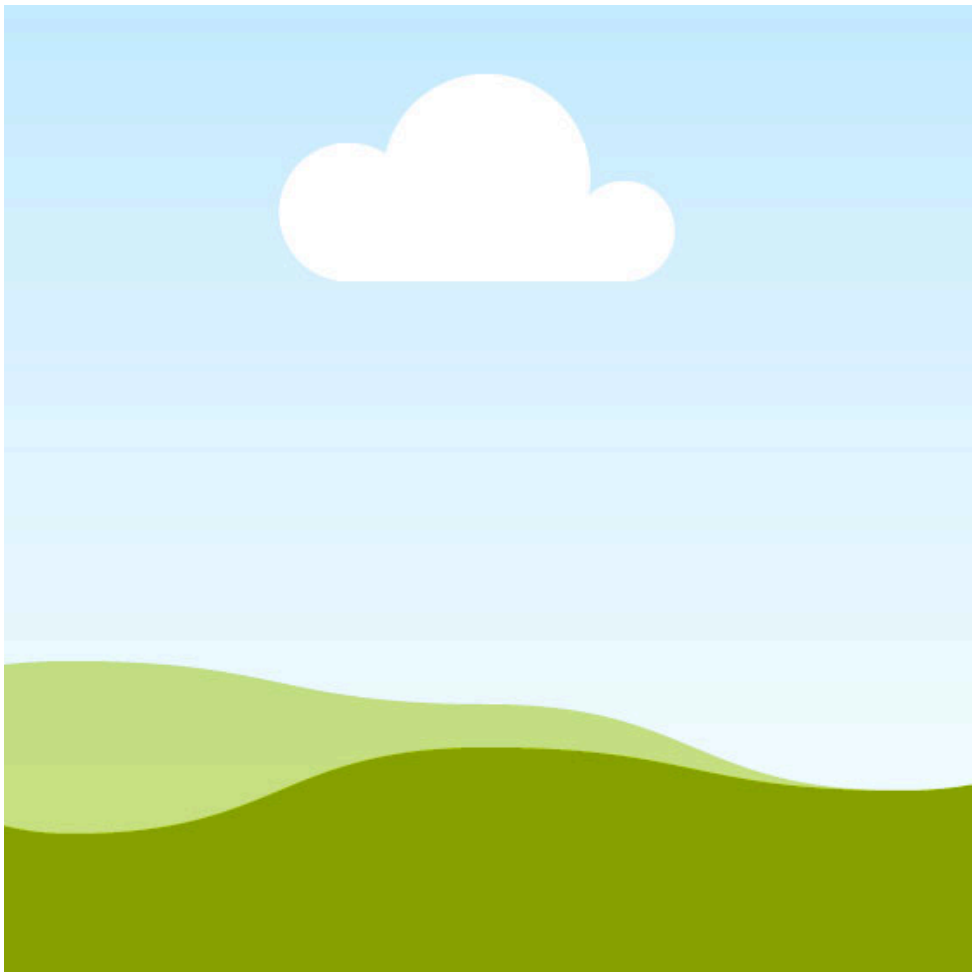
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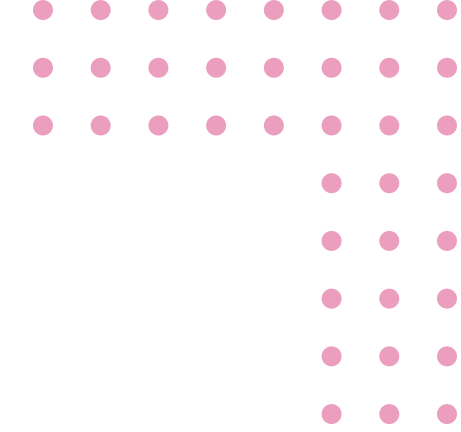
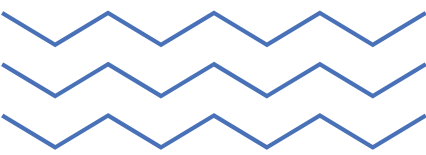
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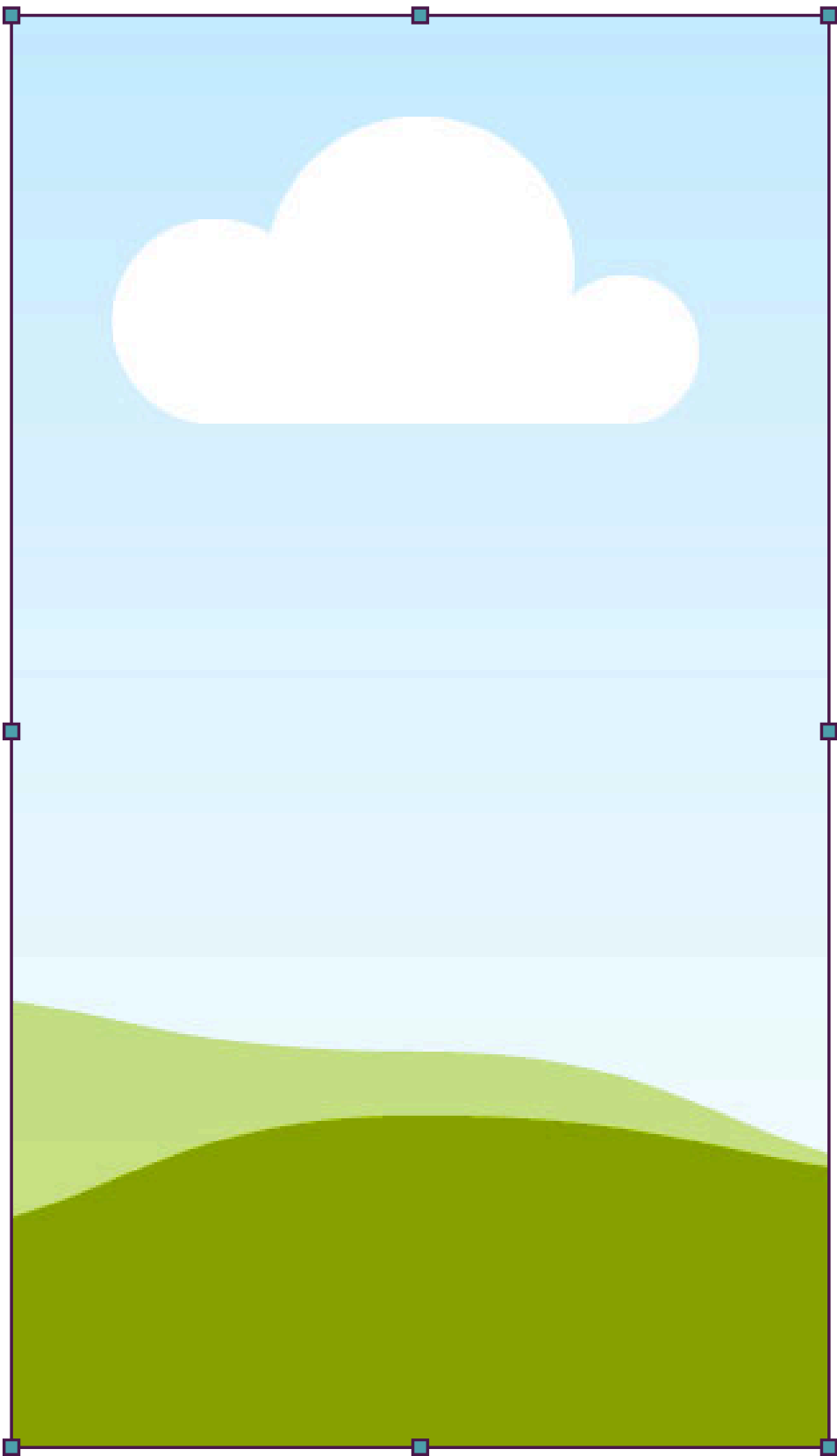
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