

ENVIRONMENTAL HEALTH



MDE

Maryland
Department
of the
Environment

Things to Do Today for the Environment

SB. 71863

A healthy environment starts with you. Your choices spell the difference between a clean world and a polluted one. By practicing even a few of these suggestions, you will be doing your part for a healthier environment.

Conserve Water

- Install low-flow faucets and fix any leaks promptly.
- Take short showers and don't let water run while washing dishes or brushing teeth.
- Use trigger nozzles for washing your car.

Save Energy

- Turn off lights, TV, and stereo when leaving a room.
- Minimize trips to your refrigerator -- especially in summer. When you need something from the fridge, make it quick. A full freezer is more energy efficient than an empty one.
- Insulate your home and your hot-water heater.

Take Care of the Air You Breathe

- Avoid unnecessary driving and idling -- steer clear of drive-throughs. Walk, bike, and use public transportation.
- Don't let indoor air pollutants from aerosol sprays, new carpeting, and dry-cleaned items build up in your home. Keep your home well ventilated and grow houseplants for cleaner indoor air.
- Don't pollute your neighborhood air with fumes from charcoal fluid, power mowers, and other gasoline-powered machines or gadgets. Consider using non-polluting alternatives such as metal-cylinder charcoal starters, electric mowers, and hand tools.

Reduce, Reuse, Recycle

- REDUCE** waste. Avoid disposable items. Don't buy overpackaged or non-recyclable goods.
- REUSE** what you can. Grocery bags, magazines, and plastic containers can be given away or reused. Yard wastes and kitchen scraps -- except for meat products -- can be composted.
- RECYCLE**. Call 1-800 I RECYCLE for the number of your local recycling coordinator.

Protect Your Streams and Waterways

- Avoid overuse of chemical fertilizers.
- Plant trees, bushes, grass, and groundcover on your property to minimize runoff.
- Don't dump oil, trash or chemicals on the ground or down storm drains.

Beware of Toxics in the Home

- Use alternatives to heavy-duty toxics for household chores (see the other side for recipes).
- Dispose of toxic household wastes properly.
- Recycle oil and other automotive fluids. Call 1-800-473-2925 for the location of your nearest oil recycling depot.

Get Involved

- Report suspected pollution problems to the appropriate authority.
- Participate in a local restoration or cleanup project.
- Become active in the planning and zoning process in your community -- your voice *does* make a difference.

Spread the Word

- Let your elected officials know which environmental issues are of concern to you.
- Tell family and friends how they can help.
- Encourage stores and restaurants to stock recyclables, avoid plastic foam products, and practice safe disposal methods.

Find Out More

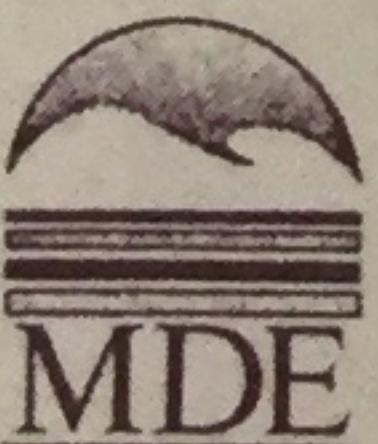
- Read up on environmental issues of special interest to you. Call (410) 631-3002 for information on environmental topics.
- Visit the power plant, water treatment facility or landfill serving your community.
- Learn some new ways you can help the environment: for example, ways you can foster wildlife, wetlands, and trees. Call (410) 974-3987 for more information.

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STOP USING HAZARDOUS PRODUCTS IN YOUR HOME.

INSTEAD OF THIS:

Ammonia-based cleaners	Vinegar, salt, and water mixture for surface cleaning. Baking soda and water for the bathroom.
Abrasive cleaners	Rub area with one-half lemon dipped in borax, then rinse.
Floor or furniture polish	1 part lemon juice, 2 parts olive or vegetable oil.
Silver Polishes	Soak in boiling water with baking soda, salt, a piece of aluminum.
Toilet cleaners	Baking soda, toilet brush.
Disinfectants	One-half cup borax in 1 gallon water.
Drain cleaners	Plunger, flush with boiling water, one-quarter cup baking soda, one-quarter cup vinegar.
Rug/upholstery cleaners	Dry cornstarch sprinkled on, then vacuumed.
Water softener	One quarter cup vinegar in final rinse.
Oil stains	White chalk rubbed into stain before laundering.
Glass cleaner	White vinegar and water or rubbing alcohol and water.
Copper cleaner	Paste of lemon juice, salt, and flour.
Abrasive cleaners	Baking soda.
Stainless steel polish	Baking soda or mineral oil for shining, vinegar to remove spots.
Stain remover	Vinegar.
Mildew remover	Lemon juice and salt or white vinegar and salt.



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ENVIRONMENTAL HEALTH

ENVIRONMENTAL HEALTH SERVICES

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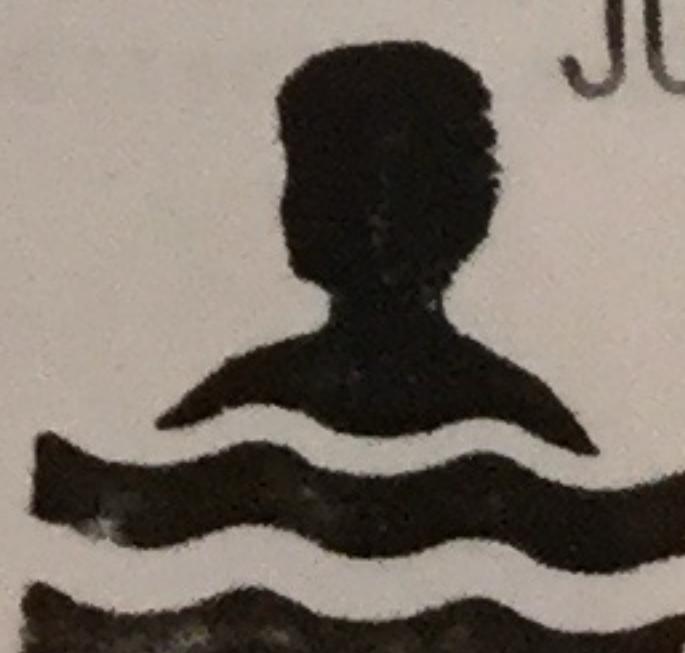
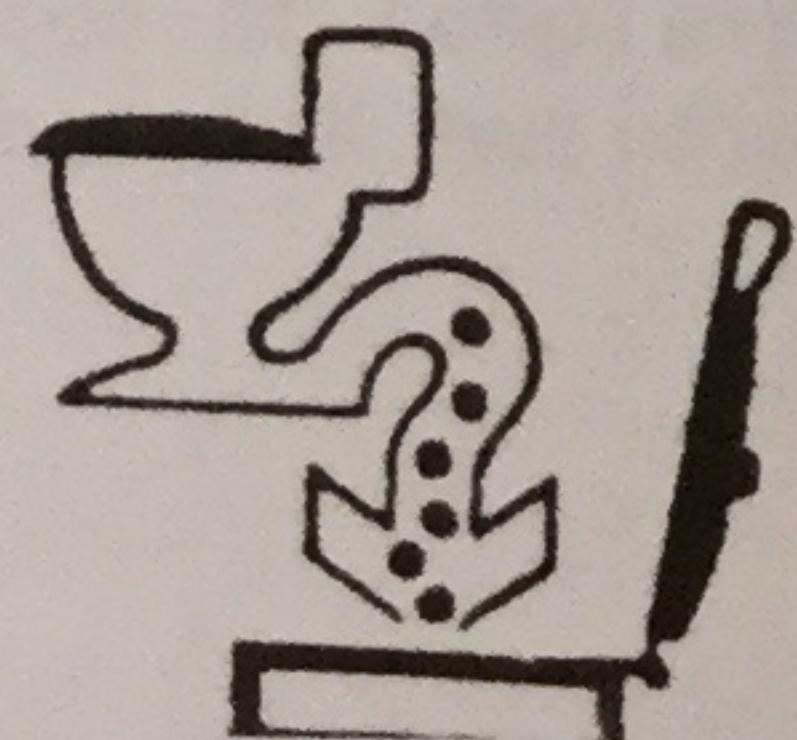
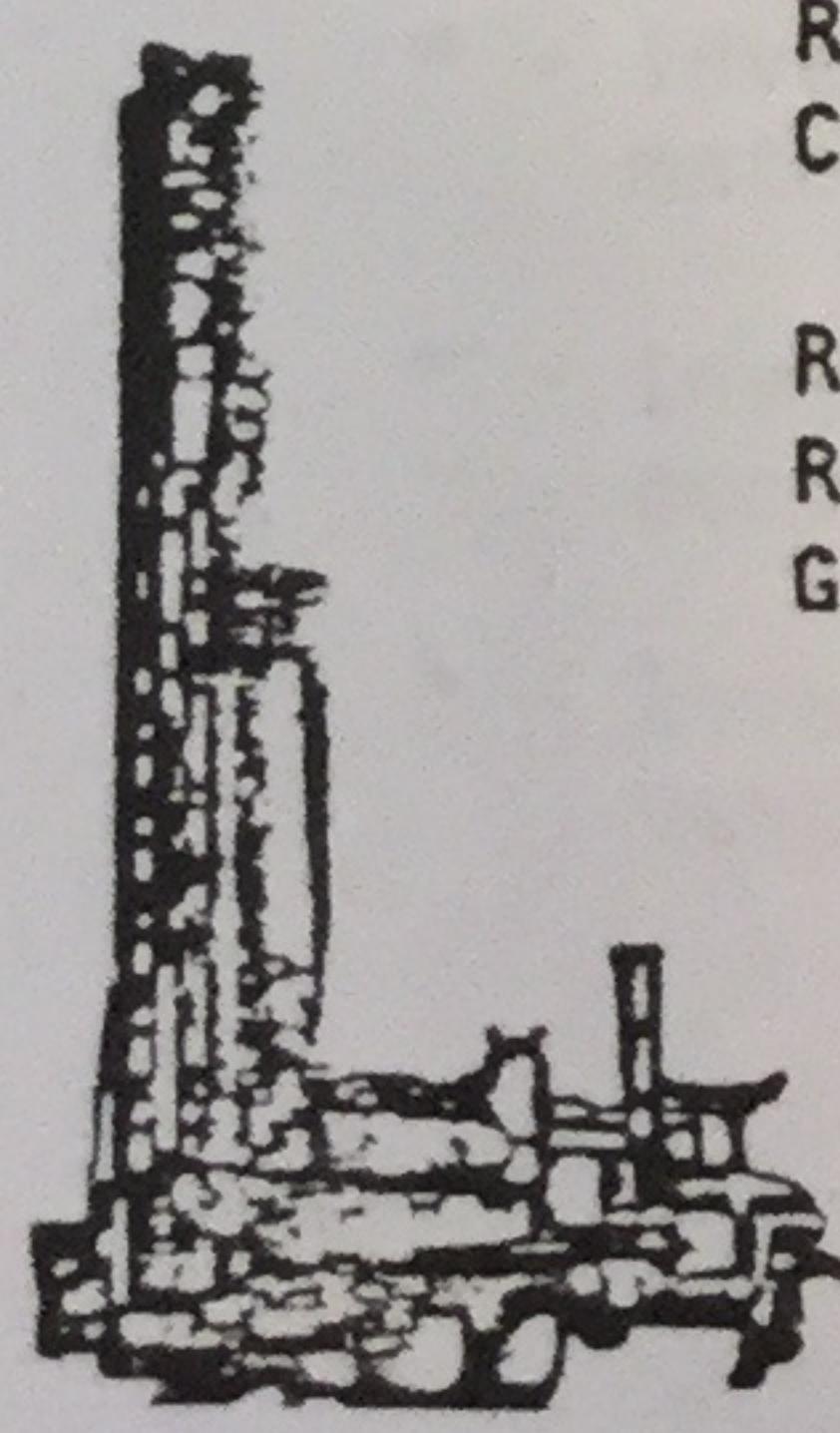
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