

# Useful Resources for Patients

	<p><a href="http://AirNow.gov">AirNow.gov</a> is a comprehensive, up-to-date resource for air quality that can be tailored by zip code. It provides very useful information about daily air quality that can help patients assess health risks and plan outdoor time wisely.</p>
	<p><a href="#">What's On My Food</a> is a searchable database designed to make the public problem of pesticide exposure visible and more understandable.</p>
	<p>The United States Environmental Protection Agency website has a wealth of information for consumers. Under the '<a href="#">Learn the Issues</a>' portal patients can access comprehensive, and easy to understand information about a wide variety of current environmental topics.</p>
	<p>The Environmental Working Group is a 501(c)(3) non-profit group founded in 1993 whose mission is to use the power of public information to protect public health. They combine research, education, and advocacy to push for national policy change in environmental issues. Some of their best known resources are the EWG <a href="#">Shopper's Guide to Pesticides</a>, the <a href="#">Dirty Dozen</a> and the <a href="#">Clean Fifteen</a>, and the <a href="#">Skin Deep: Cosmetic Safety Database</a> which contains over 40,000 products. Mobile apps are available for many of these features.</p>
	<p>The <a href="#">Good Guide</a> was founded in 2007 by Dara O'Rourke, a professor of environmental and labor policy at UC Berkeley who is an expert on global supply chains. It is designed to evaluate information about the health, environmental and social performance of products and companies.</p>

	<p>The <a href="#">Household Products Database of the National Library of Medicine</a> has an extensive listing of products and ingredients. (It is worth noting that not all ingredients are disclosed by manufacturers.)</p>
	<p><a href="#">Tox Town</a>: Environmental health concerns and toxic chemicals where you live, work, and play.</p>
	<p>The <a href="#">Pesticide Action Network</a> (a non-governmental organization devoted to pesticide safety awareness) has created a database specific to health risks and pesticides.</p>
	<p>The <a href="#">National Resources Defense Council (NRDC)</a> is an active environmental action group of consumers, activists, scientists, and lawyers who address a variety of environmental causes. One resource they offer is an <a href="#">online calculator to estimate mercury consumption based on weekly intake of fish and shellfish</a>.</p>
	<p><a href="#">Women's Voices for the Earth</a> is a national organization that works to eliminate toxic chemicals that harm women's health by changing consumer behaviors, corporate practices and government policies. Their website features <a href="#">recipes for non-toxic household cleaners</a>.</p>



ChemHat - Workers' Rights Under the Occupational Safety and Health Act offers the Chemical Hazard and Alternatives Toolbox, a database of information designed to help protect workers and families from the harm chemicals can cause. Use the search feature for specific chemicals to find known acute and chronic effects, as well as better alternatives.