

## **How to eliminate paint fumes**

As lingering paint odors can cause headache, nausea, and damage to our health, here are two wonderful and simple solutions.

- Before painting, mix in several drops of Essential Oil (either peppermint or vanilla) into the paint.
- To absorb the toxic paint *vapors*, place activated charcoal powder in an empty box (a shallow Kleenex box works good) and place the box in the freshly-painted room. The vapors should be gone by the next day.

### **NOTES of CAUTION:**

-To prevent the tiny powder particles from escaping the box and adhering to the wet paint, be careful not to place the box of charcoal near a fan or strong breeze.

-You may want to label the box so others are informed as to the contents before an investigate *spill* occurs. You (and they) will be glad you did.