

Supplemental Figure 1. Infographic provided to reduce exposure to candle smoke.

Choosing the Best Candle

Candles come in many varieties.

Candles can produce smoke that may contain harmful chemicals. Reduce smoke by following these steps:

Types of Candles

Best

Beeswax

- low smoke
- fast burning



Soy

- low smoke
- long burning



Good

Paraffin (common)

- smoke
- medium burn time
- quality varies



X Any Scented Candle

Bad



Buy high quality candles. These burn more steadily and produce less smoke.



Trim the candle wick to 1/8 of an inch (the height of 2 stacked quarters)



Buy unscented candles. The perfumes used can sometimes contain harmful chemicals.



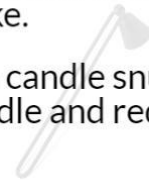
Use a large glass candle holder. This prevents the wick from moving and smoking.



Open windows regularly or use fans to disperse smoke.



Consider using a candle snuffer to put out your candle and reduce smoking.



Supplemental Figure 2. Infographic describing various methods of reducing exposure to polycyclic aromatic hydrocarbons.

REDUCING EXPOSURE TO PAHs

Polycyclic Aromatic Hydrocarbons are common environmental pollutants

How to reduce exposure



AVOID

Avoid e-cigarettes and cigarette/cigar smoke



VENTILATE

When cooking or using a wood-fired stove/fire, run fans or open windows. Grill or smoke outdoors.



ROTATE FOODS

Rotate smoked, grilled and charboiled foods with baked, steamed and canned foods.



LIMIT

When possible, limit exposure to gasoline and diesel fumes (vehicles, machinery)



MAINTAIN

If you use a wood stove, make sure the openings and chimney do not leak smoke indoors.



REPLACE

For pest control, consider cedar shavings or blocks instead of naphthalene mothballs.



PROTECT

Wear gloves to avoid skin contact with soot or creosote-treated lumber. Wear a mask if cutting treated lumber.

Could go to International Journal of Environmental Research and Public Health, Environmental Justice, Environmental Health (maybe) or Environmental Health Insights...or other? Preference?