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6 Shocking Pollutants In Your Home

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The pollutant: Shoe Debris

When you stroll through your front door in your sneakers or stilettos, you're likely dragging in some gnarly muck. Sidewalks and lawns can be littered with lead dust, paint flecks, fertilizers, and animal waste—all of [which sticks to your shoes](#). In fact, 80 percent of our exposure to pesticides happens indoors, thanks to tracked-in contaminants, according to the Environmental Protection Agency.

The solution: Dislodge clods of dirt or grass by rubbing your shoes over a durable outdoor mat (bristly coconut-husk types work best). Once inside, leave your kicks on a cloth mat by the front door.

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