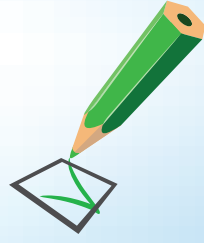




# October is Children's Health Month



## Tips to keep your family healthy and safe!

### Get Your Child Tested for Lead

Have your child tested for lead by your health care provider or your local health department.

**Visit:** [www.epa.gov/lead/protect-your-family-exposures-lead#protect](http://www.epa.gov/lead/protect-your-family-exposures-lead#protect)

### Reduce Risks from Lead in Drinking Water

Run water until it becomes cold. Use only cold water for drinking, cooking, and making formula.

**Visit:** [www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water#reducehome](http://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water#reducehome)

Test drinking water in schools and child care centers to identify potential lead problems.

**Visit:** [www.epa.gov/safewater/3Ts](http://www.epa.gov/safewater/3Ts)

### Protect Children from Lead in Soil

Lead in soil can be ingested as a result of hand-to-mouth activity that is common for young children—remember to wash your child's hands after they come in from playing outside.

**Visit:** [www.epa.gov/lead/protect-your-family-exposures-lead#soil](http://www.epa.gov/lead/protect-your-family-exposures-lead#soil)

### Eliminate Asthma Triggers

Learn what triggers your child's asthma. Common triggers are cockroaches, pet dander, dust mites, mold, and secondhand smoke. Work with a health professional to develop an asthma action plan.

**Visit:** [www.epa.gov/asthma](http://www.epa.gov/asthma)

### Protect Children from Mold

The key to mold control is moisture control. If mold is a problem in your home or school, clean up the mold and get rid of the excess water or moisture. Fix leaky plumbing or other sources of water.

**Visit:** [www.epa.gov/mold](http://www.epa.gov/mold)

### Reduce Mercury Exposure

Replace mercury thermometers with digital thermometers.

If you break a mercury thermometer, keep children away, and follow clean-up instructions.

**Visit:** [www.epa.gov/mercury/what-do-if-mercury-thermometer-breaks](http://www.epa.gov/mercury/what-do-if-mercury-thermometer-breaks)

### Reduce, Reuse, and Recycle

The best place to start making a difference is right in your own home. Learn how you can reduce, reuse, and recycle materials to decrease household waste.

**Visit:** [www.epa.gov/recycle/reducing-waste-what-you-can-do#Tips for Home](http://www.epa.gov/recycle/reducing-waste-what-you-can-do#Tips for Home)

### Protect Children from Lead-Based Paint

If you live in a home built before 1978, use certified renovators who are trained by EPA-approved training providers and follow lead-safe work practices.

**Visit:** [www.epa.gov/lead/lead-renovation-repair-and-painting-program](http://www.epa.gov/lead/lead-renovation-repair-and-painting-program)

### Save Energy

Unplug or turn off power strips for computers, TVs, cell phone chargers, and other appliances when they are not in use. You'll be amazed at how much your energy bill drops!

**Visit:** [www.epa.gov/energy/reduce-environmental-impact-your-energy-use](http://www.epa.gov/energy/reduce-environmental-impact-your-energy-use)

### Find Safer Choice Products

Find products that meet the Safer Choice criteria for children, school staff, and the environment. When you see a product with the Safer Choice label, it means that every ingredient in the product has been evaluated by EPA scientists.

**Visit:** [www.epa.gov/sites/production/files/2016-10/documents/saferchoice-factsheet-schools.pdf](http://www.epa.gov/sites/production/files/2016-10/documents/saferchoice-factsheet-schools.pdf)

### Use Water Efficiently

Turn the water off while brushing teeth, and to take short (5-minute) showers.

**Visit:** [www.epa.gov/watersense](http://www.epa.gov/watersense)

### Reduce Exposure to Air Pollution

Find out when outdoor air pollution is high in your area at [www.AIRNow.gov](http://www.AIRNow.gov), from newspapers, TV, radio stations. Limit outside activities when the Air Quality Index rises to unhealthy levels.

**Visit:** [www.airnow.gov](http://www.airnow.gov)

### Prevent Poisoning

Store pesticides and other household chemicals where your children can't reach them, and never put them in other containers that kids can mistake for food or drink.

**Visit:** [www.epa.gov/safepestcontrol/reduce-your-childs-chances-pesticide-poisoning](http://www.epa.gov/safepestcontrol/reduce-your-childs-chances-pesticide-poisoning)

### Eat Your Fruits and Vegetables Safely

Wash and scrub fruits and vegetables under cold running water and peel them whenever possible to get rid of dirt, bacteria, and pesticide residues.

**Visit:** [www.epa.gov/safepestcontrol/pesticides-and-food-healthy-sensible-food-practices](http://www.epa.gov/safepestcontrol/pesticides-and-food-healthy-sensible-food-practices)

### Keep Your Home Pest-Free

Pests need food, water, and shelter just like we do. To keep pests in check, get rid of clutter, empty garbage often, fix leaks, and keep food in tightly sealed containers.

**Visit:** [www.epa.gov/safepestcontrol/integrated-pest-management-ipm-principles](http://www.epa.gov/safepestcontrol/integrated-pest-management-ipm-principles)

### Protect Your Children from Carbon Monoxide Poisoning

Have a trained professional inspect, clean, and tune up your central heating system—furnaces, flues, and chimneys—annually.

**Visit:** [www.epa.gov/indoor-air-quality-iaq/carbon-monoxides-impact-indoor-air-quality](http://www.epa.gov/indoor-air-quality-iaq/carbon-monoxides-impact-indoor-air-quality)

### Don't Smoke Around Children

Until you quit, choose to smoke outside. Do not smoke in your home or car and do not allow family and visitors to do so.

**Visit:** [www.epa.gov/indoor-air-quality-iaq/secondhand-smoke-and-smoke-free-homes](http://www.epa.gov/indoor-air-quality-iaq/secondhand-smoke-and-smoke-free-homes)

### Test Your Home for Radon

Radon is a cancer-causing natural radioactive gas that you can't see, smell, or taste. Test your home or school for radon. EPA recommends you fix your home if the radon level is 4 pCi/L higher.

**Visit:** [www.epa.gov/radon](http://www.epa.gov/radon)

### Stay Safe from the Sun

Stay safe from the sun by generously applying sunscreen, dress them in protective clothing (wide-brimmed hats, long-sleeved shirts, pants, and sunglasses). Check the ultraviolet (UV) index and limit time outdoors when the UV index is high and during the midday sun (between 10:00 a.m. and 4:00 p.m.).

**Visit:** [www.epa.gov/sunsafety/action-steps-sun-safety](http://www.epa.gov/sunsafety/action-steps-sun-safety)

### Spend Time Outdoors

Go on a walk, hike, bike ride, garden, spend time at the beach, etc. Find a new favorite outdoor activity for your family to enjoy. Learn more about what you can do to be safe outdoors.

**Visit:** [www.epa.gov](http://www.epa.gov)



Learn about children's environmental health at: [www.epa.gov/children](http://www.epa.gov/children)