



# PROTECT CHILDREN FROM ENVIRONMENTAL THREATS

## Help children breathe easier



- Don't smoke or let others smoke near your kids
- Keep your home and pets as clean as possible. Dust, mold, cer insects, and pet dander can trigger asthma attacks and allergies.
- Limit outdoor activity when air pollution is bad such as ozone alert days

## Protect children from lead poisoning



- Wash children's hands before eating and wash bottles, pacifiers and toys often
- Wash walls and window sills to protect kids from dust and peeling paint contaminated with lead - especially in older home
- Run the cold water for 30 seconds to flush lead from pipes
- Get kids tested for lead - check with your doctor

## Protect children from carbon monoxide (CO) poisoning



- Have fuel-burning appliances, furnace flues and chimneys checked once a year
- Never use gas ovens or burners for heat and never use barbeques indoors
- Never sleep in rooms with unvented gas or kerosene space heaters
- Don't idle cars or lawnmowers in the garage
- Install a UL approved CO detector in sleeping areas

## Keep pesticides and other toxic chemicals away from children



- Put food and trash away in closed containers to keep pests from coming into your home
- Don't use pesticides if you don't have to - look for alternatives
- Read product labels and follow directions
- Use bait & traps instead of bug sprays when you can and put where kids can't get them
- Store where kids can't reach them and never put in other containers that kids can mistake for food or drink
- Keep children, toys & pets away when using pesticides and don't let them play in fields, orchards and gardens after pesticides have been used
- Wash fruits and vegetables under running water before eating

## Protect children from too much sun



- Have them wear hats, sunglasses, and protective clothing
- Use sunscreen on kids over 6 months and keep infants out of the sun.
- Keep them out of the mid-day sun - the sun is most intense between 10 and 4

## Safeguard them from high levels of radon



- Test your home for radon with a home test kit  
Call your state radon office if radon level is 4 pCi/L or higher

### Get involved

Call toll free **1-877-590-KIDS** for more information or check out EPA's web site at [www.epa.gov/children](http://www.epa.gov/children)

EPA Office of Children's Health Protection

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