

Safeguard Children from Carbon Monoxide (CO) Poisoning

- ❖ If your family uses a generator, closely follow the manufacturers' instructions.
- ❖ Never run a generator indoors, in the garage or partially-enclosed area near the house.
- ❖ Install a battery operated carbon monoxide alarm in the home.
- ❖ If you or a family member becomes dizzy, weak or nauseous while using a generator, immediately seek fresh air and call 911.

Protect Children from Too Much Sun

- ❖ Minimize excessive sun by wearing protective clothing, hats, and sunscreen with an SPF 15+.
- ❖ Children under 18 must avoid tanning salons.

Check Your Plastics

- ❖ Some plastics are made with chemicals called phthalates or bisphenol A (BPA). These chemicals can be released from toys, bottles or containers.
- ❖ Do not microwave food or beverages in plastic containers.
- ❖ Do not clean plastic containers in the dishwasher.
- ❖ Choose alternatives such as glass or check the symbol on the bottom of the plastic item, looking for numbers 1, 2, 4 or 5 as better choices.



Why are Children at Greater Risk from Environmental Hazards?

Children are more vulnerable to chemical agents because they are small and their bodies are still developing. Children eat more, drink more and breathe more in relation to their body size than adults. Children put their hands in their mouths. They often play on the floor, in dirt and on carpet and floors that may have contaminants. Taking steps to prevent children from coming in contact with high levels of chemicals during critical growth stages helps to protect their developing bodies from injury and damage.

For more information about the Louisiana Children's Environmental Health Initiative, please visit our web site at www.seet.dhh.louisiana.gov

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Louisiana Children's Environmental Health Initiative

Educating Families about Environmental Health Hazards and Promoting a Healthy Environment for Children to Grow



Photo Credit: Mark Surman



Center for Environmental Health Services
(CEHS), Section of Environmental
Epidemiology & Toxicology

Tips to Protect Children from Environmental Hazards

Clear the Air

- ❖ Don't smoke and don't let others smoke in your home or car.
- ❖ Dust and clean your home often. Tobacco smoke, dust, mold, household pests and pet dander can trigger asthma attacks and allergies in children.
- ❖ Keep molds away by preventing excess moisture/water leaks. Good air circulation helps to prevent mold in the home.

Protect Your Family from Lead

- ❖ Lead testing is essential: Louisiana law mandates children be tested for lead at ages 12 months and at 24 months or up to 72 months (6 yrs) if not previously tested. Discuss lead testing with your doctor.
- ❖ Sanding and renovations release lead dust into your home. Control dust and keep young children away from the area during renovation.
- ❖ Large scale renovations in homes built before 1978 may need a licensed lead abatement professional. Visit the Louisiana State Licensing Board website for a list of licensed contractors at <http://www.lslbc.louisiana.gov/findcontractor.asp>
- ❖ Wash children's hands before they eat and wash toys, bottles and pacifiers often.
- ❖ Wet dust and wet mop all floors and surfaces to protect kids from dust and peeling paint contaminated with lead.

Keep Children and Arsenic Apart

- ❖ Avoid using chromated copper arsenate (CCA) treated wood when building new structures that are accessible to children. If used, seal decking and play areas every 1-2 years with an outdoor sealant to contain the arsenic.
- ❖ Wash children's hands after playing on CCA-treated wood.
- ❖ Do not use CCA-treated wood for raised gardens or for growing foods for human consumption.
- ❖ Never burn CCA-treated wood.

Protect Your Children from Mercury

- ❖ Replace and recycle mercury thermometers with the digital variety.
- ❖ Keep mercury containing objects out of the reach of children.
- ❖ In case of an accidental mercury spill, children and pregnant women should leave the room during cleanup.
- ❖ Never vacuum mercury from broken thermometers or compact fluorescent light bulbs (CFLs).
- ❖ For small spills, open windows and doors and carefully roll mercury beads onto a sheet of paper or use an eye dropper to suck them up and put into an airtight jar for hazardous waste disposal.
- ❖ For large spills, contact LDEQ for assistance at 1-800-305-6621.

Choose Fish Wisely

- ❖ Most fish are healthy to eat and are an excellent source of low-fat protein. However, some fish may contain harmful chemicals such as mercury.
- ❖ Stay informed about your family's fish choices by accessing LDHH fish consumption advisories online at <http://www.dhh.louisiana.gov/offices/page.asp?id=205&detail=5749>

Safeguard Children from Pesticides and other Toxic Household Chemicals

- ❖ Store food and trash in closed containers to keep pests away. Seal cracks and holes around doors, windowsills and baseboards.
- ❖ If using pesticides, choose baits, traps and gels instead of sprays, dusts or pest strips.
- ❖ Keep children, toys and pets away while applying pesticides. Don't allow children to play in recently sprayed rooms for the time specified on the product label.
- ❖ Always read product labels and follow directions carefully.
- ❖ Store pesticides and other household chemicals where kids can't reach them. Never put these products in other containers that kids can mistake for food or drink.
- ❖ Peel or wash all fruits and veggies before eating.