



Protecting Children's Health



Tips to keep your family healthy and safe!

Protecting Children During the COVID-19 Pandemic

One way to reduce the spread of COVID-19 is to maintain a healthy indoor environment. According to CDC, COVID-19 is mainly spread through the air, though normal routine cleaning with soap and water can also help lower risk of spreading the coronavirus. If using disinfectants, do not allow children to apply products (including disinfectant wipes), keep products out of reach of children, and follow all label instructions.

Visit: www.epa.gov/coronavirus

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

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-fact-sheet-schools.pdf

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

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

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

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

Visit: 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

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

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

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 cans often, fix leaks, and keep food in tightly sealed containers.

Visit: www.epa.gov/safepestcontrol/integrated-pest-management-ipm-principles

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

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

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

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

Eat Your Fruits and Vegetables Safely

Wash and scrub fruits and vegetables under cold running water.

Visit: www.epa.gov/safepestcontrol/pesticides-and-food-healthy-sensible-food-practices

Reduce Exposure to Air Pollution

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

Visit: www.airnow.gov

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: <https://www.neefusa.org/resource/using-nature-and-outdoor-activity-improve-childrens-health>

Stay Safe from the Sun

Stay safe from the sun by generously applying sunscreen to children over six months and dressing all children 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

Learn about children's environmental health at:
www.epa.gov/children