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 the 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.

- 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.

- 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.

- 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-to-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.

- 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