



October



2014

Is Children's Health Month
www.childrenshealth.gov

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Environment and Health Protect Children Where They Live and Learn

✓ How many tips can you follow in 31 days?

						1 Prevent Mercury Exposure at School Avoid using liquid mercury in school. Check labs for mercury and other unused chemicals. Dispose of all chemicals properly.	2 Clean Mercury Spills Safely Open windows and contact your local fire, health or environmental department about spill clean-up procedures. Never sweep or vacuum mercury or pour it down the drain. Call your local poison control center at 1-800-222-1222.
3 Replace Mercury Fever Thermometers Replace mercury thermometers with digital or mercury-free thermometers. Safely dispose of mercury thermometers and household mercury at a hazardous waste collection site.	4 Protect Children from Contaminated Fish Eat a balanced diet, including fish. Avoid fish with high levels of mercury and other contaminants. Be aware of local fish advisories. Contact your state health or environmental department.	5 Reduce Mercury Products in the Home and at School Safely dispose of products such as thermostats, fluorescent lamps, and button batteries that may contain mercury. Contact your state health or environmental department.	6 Reduce Children's Exposure to Diesel Exhaust Urge schools to stop unnecessary bus idling, retrofit buses, and replace the oldest buses in the fleet.	7 Join International Walk to School Day Encourage fitness and reduce traffic and air pollution. Walk, bike, carpool, or ride school buses to get to school safely.	8 Protect Children from Too Much Sun Wear hats, sunglasses, and protective clothing. Use sunscreen with SPF 15+ on kids over 6 months and keep infants out of direct sunlight.	9 Be Sunwise! Sponsor classroom and school-wide activities that raise children's awareness of stratospheric ozone depletion, UV radiation, and simple sun safety practices.	
10 Promote Food Safety Wash fruits and vegetables under running water before eating and peel them whenever possible to reduce dirt, bacteria, and pesticides. Trim fat from meat and skin from poultry and fish.	11 Protect Children from Chemicals in School Train school staff, teachers, and facility managers to handle chemicals, including pesticides and cleaning products, safely. Implement an Integrated Pest Management program at your school.	12 Reduce Use of Pesticides at Home To avoid pests in your home, store food and trash in closed containers. Use baits and traps when you can and place them where kids can't get them. If pesticides are used, read the label carefully.	13 Lock it Up! Store pesticides and other chemicals in a locked cabinet. Never put them in other containers that kids can mistake for food or drink. If a child is poisoned, call your poison control center at 1-800-222-1222.	14 Provide Children Safe Drinking Water Call your local public water supplier for annual drinking water quality reports. Have private water wells tested annually by a certified laboratory. For information call 1-800-426-4791.	15 Protect Children at the Beach Check beach closures and advisories. Call the local beach manager for more information.	16 Inspect for Asbestos Check insulation materials to ensure they remain intact. Don't disturb them, but check for signs of wear. For information call 1-800-368-5888.	
17 Celebrate National Radon Action Week October 17-23 Test your home for radon with a home test kit. Fix your home if your radon level is 4pCi/L or higher. Call your state radon office or 1-800-SOS-RADON.	18 Protect Children from Carbon Monoxide (CO) Poisoning Install a CO alarm that meets UL, IAS, or Canadian standards in all sleeping rooms. Never sleep in rooms with unvented gas or kerosene heaters. Call 1-800-638-2772.	19 Prevent CO Poisoning Check fuel-burning appliances, furnace flues, and chimneys yearly. Never use gas ovens or burners for heat, or use charcoal grills indoors. Never run generators, cars or mowers inside the garage or living spaces. Call 1-800-638-2772.	20 Prevent Asthma Attacks Work with a health professional to develop an asthma management plan. Learn what triggers your child's asthma and eliminate or reduce exposure to those allergens and irritants. Call 1-866-NO-ATTACKS.	21 Reduce Asthma Attacks Keep homes, schools, and child care centers clean. Use dustproof, zippered bedding covers. Control triggers such as cockroaches, pet dander, dust mites, mold, and secondhand smoke. Call 1-866-NO-ATTACKS.	22 Protect Children from Secondhand Smoke Don't smoke or let others smoke in your home or car. Take the Smoke-Free Home Pledge by calling 1-866-SMOKE-FREE.	23 Reduce the Risk of Sudden Infant Death Syndrome (SIDS) Do not let your baby sleep in areas where someone has smoked. Place babies on their backs at night and nap-time. Remind child care providers, grandparents, baby sitters, siblings, and caregivers.	
24 National Lead Poisoning Prevention Week October 24-30 Have your kids tested for lead by their health care provider or your local health department. If your home was built before 1978, test for lead paint hazards. Call 1-800-424-LEAD.	25 Protect Children from Lead Poisoning Temporarily reduce lead hazards; wash floors and windowsills to protect kids from dust and peeling lead-based paint. To permanently remove lead hazards, hire a certified abatement professional.	26 Reduce Risks from Lead in Drinking Water Run cold water until it becomes as cold as it can get. Use only cold water for drinking, cooking, and making baby formula.	27 Ask About Lead when Buying or Renting Sellers and landlords must disclose known lead hazards in houses or apartments built before 1978. For information call 1-800-424-LEAD.	28 Reduce Exposure to Chromated Copper Arsenate (CCA) Never burn CCA-treated wood. Wash hands after contact with treated wood, especially before eating and drinking. Ask about coatings for play structures, decks, tables, landscaping timbers, residential fencing, and walkways.	29 Reduce Air Pollution Find out when air pollution is high in your area from newspapers, TV or radio stations. Limit outside activities when the Air Quality Index (AQI) rises to unhealthy levels. Walk, bike, carpool or use public transportation.	30 Improve Indoor Air Quality in Schools Make sure school heating, ventilation, and air conditioning systems are working properly. Implement the IAQ Tools for Schools program in your school to improve indoor air quality.	
31 Protect Children from Mold Fix moisture problems and thoroughly dry wet areas such as carpets, walls, and ceiling tiles within 24-48 hours to prevent mold growth. Fix leaky plumbing and other water problems in your home.	 <p>CHILDREN'S HEALTH MONTH</p> <p>Discover the Rewards!</p>						

1-877-590-KIDS
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