



## Children's Health MONTH

# October is Children's Health Month



### How many tips can you follow in 31 days?

- 1  **Get Your Child Tested for Lead**  
Have your child tested for lead at 12- and 24-months-old by their health care provider or your local health department.
- 2  **Calculate Your Carbon Footprint**  
Teach children how they can save energy at home. Find out how your family can reduce home energy use with EPA's Carbon Emissions Calculator at [www.epa.gov/climatechange/emissions/Ind\\_calculator.html](http://www.epa.gov/climatechange/emissions/Ind_calculator.html).
- 3  **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 management plan. Visit [www.epa.gov/asthma](http://www.epa.gov/asthma) or call 1-866-NO-ATTACKS.
- 4  **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](http://www.epa.gov/mold).
- 5  **Keep Our Air Breathable**  
Encourage fitness, reduce traffic, and reduce air pollution—all at the same time. Instead of driving your children to school and after-school activities, have them walk, bike, or use public transportation.
- 6  **Protect Your Kids from Lead in Drinking Water**  
If you want to know whether your home's or school's drinking water contains unsafe levels of lead, have your water tested. For more information on testing your water, call EPA's Safe Drinking Water Hotline at 1-800-426-4791.
- 7  **Reduce Mercury Exposure**  
Replace mercury thermometers with digital thermometers. If you break a mercury thermometer, keep children away and follow clean-up instructions at [www.epa.gov/mercury/spills/index.htm#thermometer](http://www.epa.gov/mercury/spills/index.htm#thermometer).
- 8  **Reduce Your Use of Plastic Bags and Bottles**  
Pack children's school lunches in reusable bags and give them a reusable bottle for water at lunch and during sports practices.
- 9  **Protect Children from Lead-Based Paint**  
If you live in a home built before 1978, make sure you hire contractors that are trained and certified to follow lead-safe work practices for any painting, renovation, or repair jobs.
- 10  **Beware of (Energy) Vampires**  
Teach your children to unplug or turn off power strips for computers, TVs, radios, CD players, cell phone chargers, and other appliances when they are not in use. You'll be amazed at how much your energy bill drops!
- 11  **Use Water Efficiently**  
Teach children to turn the water off while brushing teeth, and to take short (5-minute) showers. Replace old showerheads with WaterSense-labeled showerheads.
- 12  **Reduce Exposure to Air Pollution**  
Find out when outdoor air pollution is high in your area at [www.AIRNow.gov](http://www.AIRNow.gov), from newspapers, TV, or radio stations. Limit children's outside activities when the Air Quality Index rises to unhealthy levels.
- 13  **Reduce Risks from Lead in Drinking Water**  
Run water until it becomes cold. Use only cold water for drinking, cooking, and making baby formula.
- 14  **Help Kids Eat Healthier Food**  
Feed your kids more fruits and vegetables, less sugar, and fewer carbonated beverages and processed foods. Have regular family meals. Be a role model by eating healthy yourself.
- 15  **Kids Act Fast and Poisons Do Too**  
Install child-proof safety locks on kitchen and bathroom cabinets. Post the number for the National Poison Control Center, 1-800-222-1222, where you can find it in an emergency.
- 16  **Grow Your Own Food**  
Even a small garden is good for children, good for everybody. Planting a backyard garden with your kids is a good way to connect with nature—and a great way to have a ready supply of fresh fruits and vegetables.
- 17  **Prevent Poisoning**  
Store pesticides and other household chemicals where kids can't reach them, and never put them in other containers that kids can mistake for food or drink.
- 18  **Eat Your Veggies – Safely!**  
Wash fruits and vegetables under cold running water and peel them whenever possible to get rid of dirt, bacteria, and pesticide residues.
- 19  **Keep Your House Pest-Free**  
Pests need food, water, and shelter just like we do. To keep pests in check, get rid of clutter, empty garbage often, fix leaks, and keep food in tightly sealed containers.
- 20  **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.
- 21  **Reduce Exposure to Chemical Residues**  
Always wash children's hands before they eat or nap. Wash their stuffed animals and toys often. Regularly clean floors, window ledges, and other surfaces to reduce possible exposure to lead and pesticide residues.
- 22  **Watch Out for Lyme Disease**  
Lyme disease is spread by ticks. Children can be at higher risk for tick bites because they play outside and are close to the ground. Dress children in pants and long-sleeved shirts in areas where ticks are prevalent and apply insect repellent as an extra precaution.
- 23  **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/smokefree](http://www.epa.gov/smokefree).
- 24  **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. Fix if you have a radon level of 4 pCi/L or more. Visit [www.epa.gov/radon](http://www.epa.gov/radon).
- 25  **Prevent Carbon Monoxide Poisoning**  
Carbon monoxide (CO) is odorless, colorless, and toxic. It can kill you before you are aware it is in your home or school. Install CO alarms that meet UL, IAS, or Canadian standards outside all bedrooms.
- 26  **Avoid Unnecessary Pesticide Use**  
Don't use pesticides if you don't have to. Avoid scheduled treatments. If you must use a pesticide, use it only in the area where it's needed and follow label instructions carefully. Learn more at [www.epa.gov/pesticides/controlling](http://www.epa.gov/pesticides/controlling).
- 27  **Reduce Risk from Carbon Monoxide**  
Never idle a car in the garage, even with the door open. Never use a generator indoors, in any enclosed space or near windows, doors, or other openings that could draw fumes indoors.
- 28  **Keep Pests Out!**  
Some pests, such as cockroaches, can trigger asthma attacks in children. Seal cracks where roaches and other bugs hide or get into your home or school.
- 29  **Let's Move!**  
One third of American children are overweight. Help your children stay fit and join First Lady Michelle Obama's campaign to fight childhood obesity. Visit [www.letsmove.gov](http://www.letsmove.gov).
- 30  **Help Children Avoid "Nature Deficit Disorder"**  
Cut back on "screen time" and help kids enjoy the great outdoors with a day at the zoo, family time at the beach, a visit to a local park, or a walk in the woods. Check out America's Great Outdoors Initiative at [www.doi.gov/americasgreatoutdoors](http://www.doi.gov/americasgreatoutdoors).
- 31  **Be SunWise**  
Help kids avoid sunburns with sun-protective clothing, hats and sunscreen, and by seeking shade when the sun's rays are strongest (between 10AM and 4PM). Visit [www.epa.gov/sunwise](http://www.epa.gov/sunwise).

Learn about environmental health  
[www.epa.gov/children](http://www.epa.gov/children)



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