

TOXIC CHEMICALS ARE MORE DANGEROUS TO CHILDREN THAN ADULTS



Why?

Children have **HIGHER EXPOSURES** to many chemicals than adults AND they are more vulnerable to chemicals' toxic effects than adults.

Children are more likely to be harmed by chemicals because:

Children's bodies are still developing and changing.

- ▶ Hazardous chemicals can harm a child's development, especially their brain development.
- ▶ A child's body is less able to get rid of some toxic chemicals than an adult's.

Exposure to chemicals used in many homes, schools and child care settings where children spend most of their time have been shown to increase the risk of:

- ▶ Learning Disabilities
- ▶ Cancer
- ▶ Birth defects
- ▶ Early puberty
- ▶ Hormonal disruption
- ▶ Asthma and other respiratory ailments
- ▶ Kidney disease

Why do they have HIGHER EXPOSURES?

Pound for pound, children:

Put their mouths on more objects than adults;

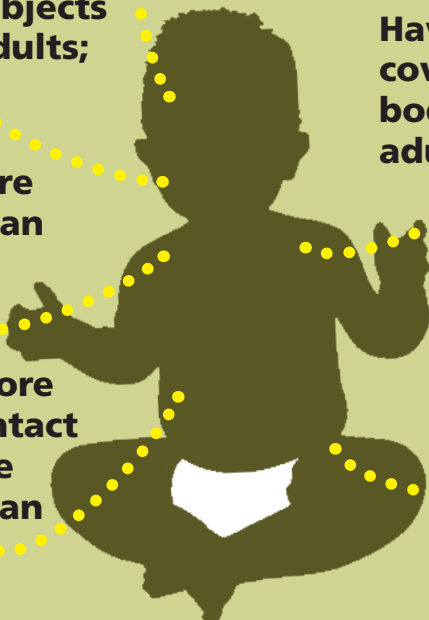
Eat more dust than adults;

Have more skin contact with the floor than adults;

Drink more water, breathe more air and eat more food than adults;

Have more skin covering their bodies than adults;

Absorb more chemicals due to thinner skin than adults.



WHAT CAN YOU DO to protect children from the harmful effects of toxic chemicals?



WHAT CAN YOU DO to protect CHILDREN from the HARMFUL EFFECTS of TOXIC CHEMICALS ?

PESTICIDES:

- ▶ Take your shoes off at the door so you don't track in pesticides and other toxic chemicals.
- ▶ Don't use pesticides sprays in your home or garden. Use traps and baits if necessary.
- ▶ Clean up food crumbs and spills and put away food that will attract unwanted insects and pests.
- ▶ Close up holes and cracks where insects are getting into the house.



AIR POLLUTION:

- ▶ Keep your house free from tobacco smoke.
- ▶ Limit outdoor activities when the air quality is poor.
- ▶ Check the **Air quality index** at airnow.gov/index.cfm?action=aqibasics.aqi.



AVOID USING TOXIC CHEMICALS:

- ▶ Replace harsh chemical cleaners and other products with those that are less toxic. See the **EPA Safer Choice label**: <https://www.epa.gov/saferchoice/learn-about-safer-choice-label>.
- ▶ If you work with paints, solvents, pesticides or other toxic chemicals, remove your outer workplace clothing before you enter the house, and launder separately.

PROTECT YOUR FAMILY FROM EXPOSURES TO LEAD:

- ▶ Do not let lead paint in your house flake or peel. Never sand it to remove, hire a professional.

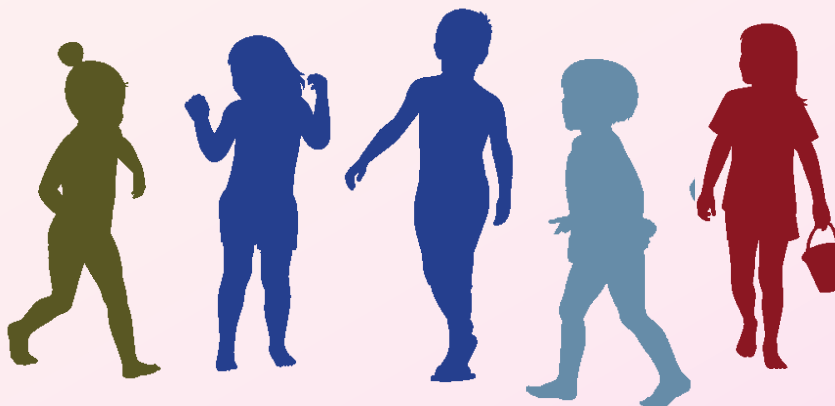
- ▶ Flush your cold water tap for 1-2 minutes until it is noticeably colder after water has been sitting in pipes for 6 hours or more to protect yourself from lead that might leach from the water pipes. Do not cook with or drink water from the hot tap. Hot water can dissolve more lead.
- ▶ EPA's **Protect your family from exposures to lead**: <https://www.epa.gov/lead/protect-your-family-exposures-lead>.



HEALTHY EATING:

- ▶ Feast on fruits and vegetables as part of a healthy diet. Use the **Environmental Working Group's Guide** to the Clean 15 and the Dirty Dozen to choose produce with lower pesticides <https://www.ewg.org/foodnews/>.

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