



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Asbestos Environmental Exposure



Did you know?

Asbestos was used in buildings because of its fireproofing, insulating, and soundproofing qualities. It was banned in the US in the late 1970s because of the health hazards it posed, including increased cancer risk. Other than buildings, some talc-containing child play materials have also been found to contain asbestos, such as play sand, imported crayons, fingerprint powder and makeup kits.



Do

- ✓ **If your home, workplace or school is undergoing renovation** and was built before the 1980's, contact licensed asbestos professionals who can evaluate exposure risk.
 - ✓ Check with your local health department to find certified contractors.
- ✓ **If you are exposed:**
 - ✓ Shower and change clothes and shoes before going home.
 - ✓ Review [OSHA's mandated procedures](#) regarding asbestos safety at work.
- ✓ **Request a copy** of your school's asbestos management plan.
 - ✓ [For more information on asbestos in schools.](#)
- ✓ **Purchase play sand** that is specifically labeled "crystalline silica-free."
- ✓ **Call the EPA asbestos hotline** for more information at 800-368-5888.



Don't

- ✗ **Don't disturb or damage asbestos** if it is suspected in your home. Undamaged asbestos is better contained and left alone.
- ✗ **Don't use talc-containing products**, especially powdered talc.
- ✗ **Pay attention to news** and recalls of children's products (eg. crayons). These are reported locally or listed [here](#).
- ✗ **Don't smoke** if you are at risk for or have had asbestos exposure. Smokers are many times more at risk of negative health impacts from asbestos.



For more information, scan the code or visit
wspehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards