



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Chemical Exposure

Did you know?

Chemicals are all around us, in our food, water, air, and the things we use, and many of them can cause health problems. Pregnant people and kids are affected more. You can protect your family by making better choices, but it's also important for bigger policy changes to happen.



Take Action

Protect your family in all settings

At home

- ✔ Limit sources of indoor air pollution such as tobacco smoke, cleaning products, air fresheners, candles, dust, emissions from gas stoves.
- ✔ Clean the air through ventilation and filtration.
- ✔ Encourage your kids to use umbrellas and coats on their home and purchase pesticide-free food.

At work

- ✔ Occupational Safety and Health Administration (OSHA) protects workers *learn about your rights*.
- ✔ Take special measures to protect yourself: *if you are pregnant or under 18 years old*.
- ✔ Reduce "take home" home exposures from work:
 - Change clothes and shower before leaving work.
 - Launder work clothes separately with hot water.
 - Remove shoes before entering the home; use a doormat.

In the store

- ✔ Use tools to pick out safer cleaning products and safer personal care products.
- ✔ Beware of harmful chemicals in the products you use:
 - Products with no signal word are usually the safest.
 - Products with CAUTION are usually safer than DANGER or WARNING.

In your community

- ✔ Support your child's school in completing the EPA Healthy Schools Checklist.
- ✔ Participate in your school's PFA and encourage healthy environments.
- ✔ Learn about other ways you can protect yourself and get involved in your community.
- ✔ Vote for representatives that advocate for protections against harmful chemicals.



For details on specific exposures and health risks, check out all the [Prescriptions for Prevention](#), in English and Spanish.