



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Exposure Routes

Did you know?

There are multiple ways children may be exposed to different chemicals, and exposure to multiple chemicals can combine to be worse for health. Exposure routes, or "pathways", are how a chemical moves through the environment, how it enters the body, and then how it moves through one's body.



Break the exposure pathways!

Breathing



Drinking



Eating



Touching/Absorbing



Take Action

YOU can stop toxic exposures by breaking the pathway between the pollutant source and your kid:

Eating: Diversify your child's diet! Making it up makes sure they don't get too much of any particular toxic chemical. Choose whole foods that are unprocessed and organic when possible. Learn more about food [here](#), and baby food [here](#).

Drinking: Know your water source! Boiling water or bottled water aren't always the solution, so learn about your water [here](#).

Breathing: Access cleaner air! Use the [strategies](#) to learn about when the air is cleaner outdoors, and learn about cleaner air indoors [here](#) as well as [VOCs here](#).

Touching: Wash hands frequently, especially after playing outdoors! Anything on a child's hand can end up in their mouth. And, some chemicals can absorb straight through the skin. [Protect](#) against harmful chemicals in [dirt](#) and [oil](#).



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