



Why Are Children at Greater Risk from Toxic Chemicals?

Children are more affected by toxic chemicals because their bodies are still developing.

Children eat more, drink more, and even breathe more in relation to their body size than adults. Children put their hands in their mouths. They often play on the floor. Many toxins such as pesticides, lead, and arsenic are tracked in from outdoors onto the floor or carpet. Adults, especially pregnant mothers, need to be careful around toxic chemicals, too. Medical studies show that certain chemicals cross the placenta and affect the brain and health of the developing fetus.

Do You Live with a Child that has ASTHMA?

For a free home assessment to identify environmental asthma triggers in your home, call Thurston County Public Health and Social Services, Environmental Health Division, 360-786-5460.

Safely Dispose of Toxic Household Products at HazoHouse

You can dispose of or recycle household hazardous materials including mercury-containing thermostats and fluorescent tubes, at HazoHouse at the Thurston County Waste and Recovery Center, 2418 Hogum Bay Road in Lacey. For information call 360-786-5494 or see www.co.thurston.wa.us/wwm.

To request this brochure in an alternative format, contact us: Thurston County Public Health and Social Services, Environmental Health Division, 2000 Lakeridge Dr. SW, Olympia, WA 98502. Phone **360-754-4111**. TDD line is 360-754-2933.



Protect KIDS FROM TOXINS

Look inside for ways to protect children from toxic chemicals in homes and yards...



Keep Toxins Out of Your HOME



Keep Your Home and Car Smoke-Free

Do not allow smoking inside your home or car.

Smoking has been linked to increased rates of asthma, pneumonia, and Sudden Infant Death Syndrome. Call 1-877-270-STOP or visit www.quitline.com for help to quit smoking.

Wipe Your Feet and Leave Shoes at the Door

Dirty shoes carry germs and toxins— such as lead, arsenic, and pesticides – from outside into your home. Kids play on the floor and pick up more toxins from the floor than adults.

Use Non-Toxic Cleaning Products

Curious young children can easily mistake a cleaning product or medicine for juice, candy, or food. Vapors from cleaning products can also cause health problems. Read the label to avoid products with the words Danger or Poison. See box at right for more information.

Choose Low-Odor Paint and Natural Materials

Common remodeling tasks such as demolition, scraping, painting, and installing carpet can add harmful pollutants to your home. Choose paints with no or low solvents, especially if you are pregnant or preparing a child's bedroom. See box at right for more information.

Keep Toxins Out of Your YARD

Avoid Using Bug and Weed Killers, Including “Weed and Feed” Fertilizers

Studies show higher levels of pesticides in the blood and urine of children whose families use weed or bug killers. There are non-toxic solutions to most weed and pest problems. Call the Thurston County Common Sense Gardening Program 360-754-4111.



Cover Bare Dirt

Past activities may have left toxins such as lead, arsenic, and pesticides in dirt. Cover bare dirt with grass, gravel, mulch, or plants to protect children.

This brochure addresses personal actions, not the community actions, needed to reduce toxins in our environment.

For more tips on protecting kids and communities from toxins, and for details on all of these topics, call Thurston County Environmental Health Division at 360-754-4111 or visit us on the Internet at: www.co.thurston.wa.us/health/kids.

Keep Toxins Out of YOU!

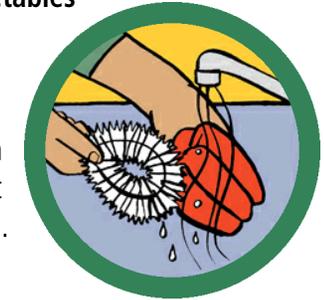
Wash Your Hands Well and Often

Washing hands with soap and water gets rid of germs PLUS washes away toxins such as lead, arsenic, and pesticides a child may have touched.



Wash Fruits and Vegetables

Scrub fruits and vegetables with a brush to remove all dirt and residue. Wash pacifiers and toys that go in the mouth often.



Choose Organic Food When Possible

Choose organic food when possible for pregnant and nursing women, foods your children eat a lot, and foods high in animal fat such as dairy products and meat.

Eat Fish Low in Mercury

Fish is a low-fat, high protein food. Some fish have high levels of mercury, which cannot be removed through cooking. Pregnant and nursing women and young children should eat fish low in mercury such as salmon, flounder, cod, trout, clams, and shrimp. Check your local fish advisory at www.doh.wa.gov/fish/ or call 1-877-485-7316.