

R_X PRESCRIPTION FOR PREVENTION



Eat Fish, Choose Wisely!

Exposure to mercury can affect the developing brain.



- ✓ Eat up to 3 servings per week of low-mercury fish such as tilapia, cod, salmon, and canned light tuna. Fish contain nutrients that support healthy brain development.
- ✓ Avoid fish known to be high in mercury such as shark, swordfish, king mackerel, tilefish, tuna steaks, and tuna sushi.
- ✓ Check local fish advisories before eating the fish you catch. Fish caught in many NY water bodies may contain mercury and other pollutants.

Signed: _____



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Eat Fish, Choose Wisely!

- ✓ FDA and EPA advice on healthy fish consumption visit: www.fda.gov (and search “Eating Fish: What Pregnant Women and Parents Should Know”).

What is a Serving?
*To find out, use the
palm of your hand!*

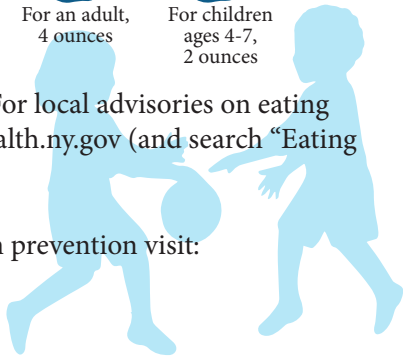


For an adult,
4 ounces



For children
ages 4-7,
2 ounces

- ✓ Fishing in NYS waters? For local advisories on eating your catch visit: www.health.ny.gov (and search “Eating fish you catch”)
- ✓ For more information on prevention visit: nyscheck.org/rx



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Environmental Exposures From Your Job or Hobbies

Using chemicals at work or with hobbies can put families at risk for health effects.



- ✓ If you work with chemicals, don't track them into your home. Change clothes and shoes before returning home. Shower before returning or as soon as you get home.
- ✓ If you are pregnant or would like to be in the future, ask about possible harmful workplace exposures including construction, lead battery/car work, and farm/agriculture work.
- ✓ Some hobbies or activities may involve lead. These include home renovations, using artist paints, working with stained glass, working with lead fishing weights, and bullet casting. Use safety measures that reduce lead hazards to you and your family when performing these activities.

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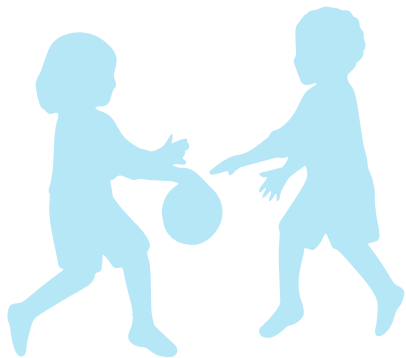


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Environmental Exposures From Your Job or Hobbies

- ✓ For more information on prevention visit:
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Lead Paint

Lead paint dust in older homes is the main way children are exposed to lead. Even low levels of lead can affect a child's learning and behavior.



- ✓ If your home was built before 1978, or you are not sure how old your home is, talk with your local health department or call the EPA's National Lead Information Center (1-800-424-LEAD) about getting your home tested for lead.
- ✓ Renters: If peeling paint is present, talk to your landlord. If you are unsatisfied with their response, talk with your local health or housing department, or go to www.lawhelpny.org to find free legal aid.
- ✓ Homeowners: Keep your children away from peeling paint. Fix peeling paint and make home repairs safely (your local department of health can provide information on lead-safe methods).
- ✓ Your child should get tested for lead at their 1 and 2 year old doctor visit. Older children should get tested if you are concerned about a potential lead exposure.

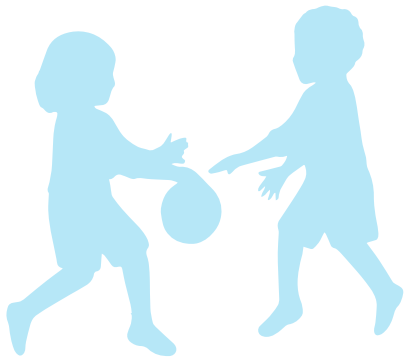
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Lead Paint

- ✓ If you are concerned about lead paint in your home: contact your local health department or visit the NYS Department of Health website:
www.health.ny.gov/environmental/lead
- ✓ For more information visit: nyscheck.org/rx



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Mold

Mold can trigger asthma and allergy symptoms. Mold depends on moisture to grow. Take steps to prevent mold and have a healthier home!



- ✓ Reduce moisture and increase ventilation (air flow): Open windows slightly when showering, use exhaust fans.
- ✓ Fix water leaks: report water leaks to your landlord.
- ✓ If you see mold:
 - Eliminate the source of moisture/water first.
 - Scrub mold from hard surfaces with soap and water. Dry completely. Avoid using bleach (unless you are cleaning sewage).
 - Do not paint over mold.
 - Discard moldy objects (like carpets).
- ✓ After a flood or water leak: remove wet items and dry the area within 48 hours.
- ✓ Large amount of mold? Hire a professional mold abatement company. If you rent, report mold problems to your landlord. If conditions are not fixed, ask your local building department or code enforcement official to inspect your home for water damage or leaks. NYC residents can call 311.

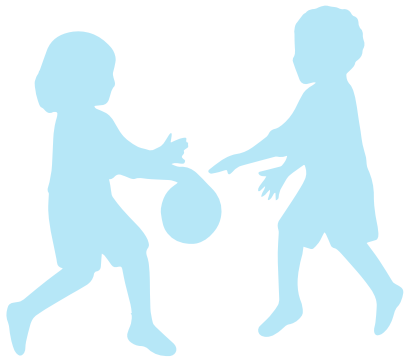
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Mold

- ✓ Want to learn more about identifying and eliminating mold? Visit: www.epa.gov/mold
- ✓ For more information visit: nyscheck.org/rx



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Nature and Play

Spending time in nature gets a child more exercise, reduces stress, improves concentration in school and helps with healthy mental and physical development.



- ✓ Ideas for outdoor play:
 - Free play or exploration.
 - Visit a park, playground, or nature center.
 - Take a walk around the block.
 - Ride bikes (wear a helmet!)

- ✓ Limit your child's screen time.

- ✓ Read books about nature with your child.

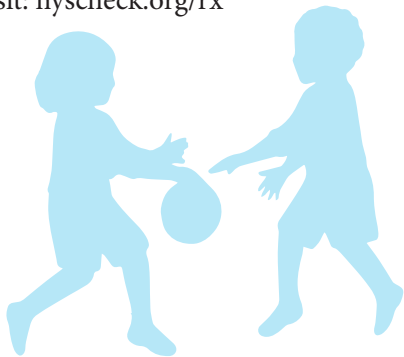
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Nature and Play

- ✓ Learn about NY state parks and kid-friendly activities: parks.ny.gov
- ✓ Rainy day? Find your public library: www.usa.gov/libraries
- ✓ For more information visit: nyscheck.org/rx



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Noise

*Noisy environments can impact a child's learning.
Very loud noises can lead to permanent hearing loss.*



- ✓ Avoid loud music on iPods/phones, especially when using headphones.
- ✓ Choose toys that have a volume control. Tape over the speakers of very loud toys.
- ✓ Don't use firecrackers.
- ✓ If using a white noise machine to help your infant sleep, do not place it near the baby and play it at a low volume.
- ✓ Use hearing protection for you and your family at events with loud music.
- ✓ Create a quiet environment for your child to read and do homework.

Signed: _____





Noise

- ✓ Worried about your child's hearing? Speak to your child's pediatrician.
- ✓ Tips to protect your child's hearing from the American Academy of Pediatrics: www.healthychildren.org (and search "protect hearing")
- ✓ For more information visit: nyscheck.org/rx



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Radon

Radon exposure increases your risk for lung cancer, stomach cancer, and leukemia.



- ✓ Test your home, especially if you live below the third floor. Install a radon reduction system if high levels are detected.
- ✓ Avoid using areas with high levels of radon for sleeping or play until you fix it.
- ✓ Have new homes tested for radon before moving in. This includes homes built to be resistant to radon.
- ✓ Do not smoke. Radon increases your risk and your family's risk of lung cancer, especially if you are a smoker.

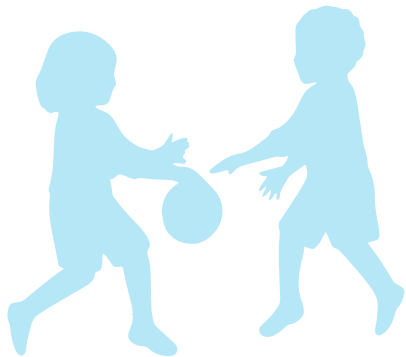
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Radon

- ✓ For live answers to your radon questions, or to purchase a radon test kit call the National Radon Hotline at: 1-800-SOS-RADON (1-800-767-7236) sosradon.org
- ✓ For more information visit: nyscheck.org/rx



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Safer Pest Control

The toxic chemicals in pesticides can also harm human beings. Since pests can also affect health, it is important to get rid of pests safely!



- ✓ Prevent pests without toxic chemicals:
 - Eliminate water sources by fixing leaks and cleaning up spills.
 - Eliminate food sources by removing crumbs, sealing food containers, and emptying trash.
 - Eliminate places where pests may hide.
 - Get rid of their entry points. Seal cracks with caulk.

- ✓ If you must use chemical pesticides:
 - Place bait stations in areas inaccessible to children and pets.
 - Choose pesticides with an “EPA Safer Choice” label.
 - Ventilate your home by opening windows.
 - Never use sprays, foggers, or bug bombs.

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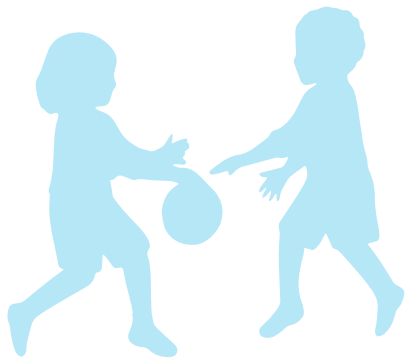


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Safer Pest Control

- ✓ To access the free hotline for advice on safer pest control in your home, contact the National Pesticide Information Center (NPIC): npic.orst.edu or 1-800-858-7378
- ✓ For more information visit: nyscheck.org/rx



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Secondhand Smoke

Exposure to secondhand smoke increases the risk of asthma, lung infections, ear infections, and Sudden Infant Death Syndrome (SIDS).



- ✓ Do not allow smoking inside your home and car.
- ✓ Choose a smoke-free child care setting.
- ✓ Reduce smoke drift from your neighbors:
 - Seal cracks or gaps in apartment floors, walls, and around pipes with silicone.
 - Put a weather strip under and around the door.
 - Ventilate your home by opening windows.
 - Wet dust and wet mop regularly to reduce household dust. This might also help to reduce chemical residues from the smoke.

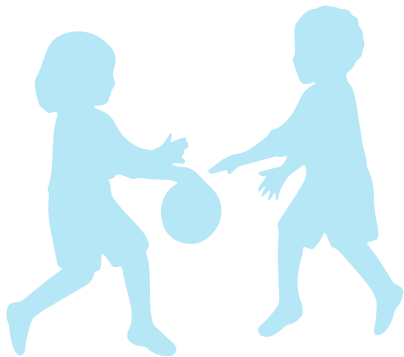
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Secondhand Smoke

- ✓ To learn more about smoke-free resources and policies:
www.tobaccofreenys.org
- ✓ For more information visit: nyscheck.org/rx



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Smoking

Tobacco use is the #1 cause of death and disability in the United States.



- ✓ Medications can help you quit. Talk to your doctor or your child's doctor about the nicotine patch and other medications.
- ✓ Protect your family. One of the most important things you can do for you health and your child's health is to quit smoking.
- ✓ Avoid E-cigarettes. E-cigarettes usually contain nicotine—using them can result in nicotine addiction.
- ✓ Talk to your teenagers about smoking or vaping. 90% of smokers start smoking before their 18th birthday.

Signed: _____





Smoking

- ✓ For help with quitting, contact the the NYS Quit line: 1-866-NY-QUITS
- ✓ For information on smoke-free programs and low-cost nicotine replacement therapy: www.nysmokefree.com
- ✓ For more information visit: nyscheck.org/rx



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Sun Safety

Too much sun exposure can cause skin cancer, affect your vision, age your skin, and affect your immune system.



- ✓ Outdoor play is good for children, but be safe in the sun! Everyone needs protection.
- ✓ Wear protective gear when in the sun. Examples include swim shirts, sunglasses, long sleeves, and hats with a wide brim.
- ✓ Use a broad-spectrum sunscreen with an SPF of 15 to 30. Apply enough to all exposed areas of skin. Re-apply it often, and after swimming or sweating, and at least every 2 hours.
- ✓ If possible, try to plan your outdoor activities outside the hours of peak sun (between 10am and 4pm). Seek shade when playing outside.
- ✓ The sun is one source of Vitamin D. Given the risks of too much sun exposure, talk to your pediatrician to make sure your child is getting enough Vitamin D through their diet or vitamin supplementation.

Signed: _____





Sun Safety

- ✓ Information from the American Academy of Pediatrics about how to protect your child from the sun: www.healthychildren.org (and search “sunscreen”)

Sunburn? When do I call the pediatrician?

If your baby is younger than one year old gets sunburned or if your child older than one has sunburn-related blistering, pain, or fever, call your child's doctor.

- ✓ For more information visit: nyscheck.org/rx





Teen Tanning

Indoor tanning will give your wrinkles and sunspots, raise your risk of getting skin cancer (including melanoma, a skin cancer that can be deadly), and may cause eye damage.



- ✓ Love the skin you're in! You're beautiful just the way you are and tanning is very dangerous.
- ✓ Do not use tanning salons or other indoor tanning devices.
- ✓ Do not deliberately tan or burn while at the beach. Use a broad spectrum sunscreen with SPF of 15-30. Wear protective clothing and hats.
- ✓ If you use a spray tan, still use sunscreen. You can still burn because spray tans do not contain any sunscreen.

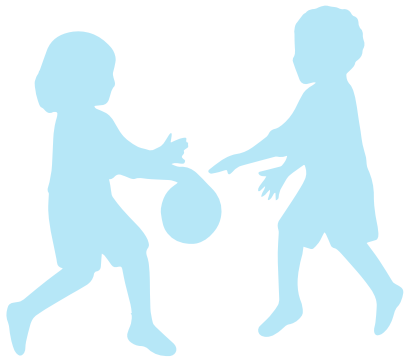
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Teen Tanning

- ✓ For more information about the hazards of tanning salons visit: www.healthychildren.org (and search “Teens and Tanning”)
- ✓ For more information on prevention visit: nyscheck.org/rx



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Teen Workers

Every year about 70 US teens die from work injuries and another 70,000 get hurt and need to go to the emergency room.



- ✓ Know your rights! Learn about potentially hazardous materials, safety risks, and protection in the workplace.
- ✓ Be safe! Avoid unsafe practices in the workplace. Use proper safety equipment and make sure you know how to protect yourself on the job.
- ✓ If you work with chemicals, don't track them into your home. Change clothes and shoes before returning home. Shower before returning or as soon as you get home.

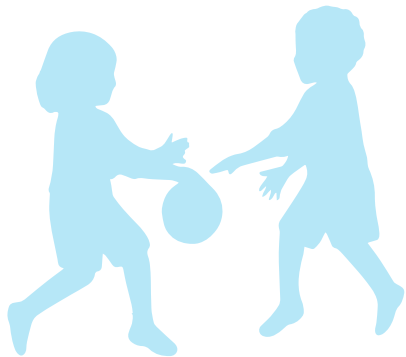
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Teen Workers

- ✓ To learn about the labor laws and safety regulations that protect young people in the workforce visit YouthRules!: www.youthrules.gov
- ✓ For more information visit: nyscheck.org/rx



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Well Water

Well water is not regulated by the US Environmental Protection Agency (EPA) and the owner has to test it to make sure it is suitable for drinking.



- ✓ Test your well water every year. Ask your local health department about what water tests are recommended for your area.
- ✓ Only use laboratories that are certified to do drinking water testing. Contact your local health department for more information about finding a laboratory.
- ✓ If a contaminant is found to exceed health standards in your sample, your local health department can direct you about the appropriate next steps to take.

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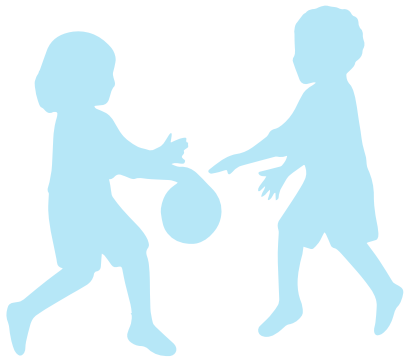


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Well Water

- ✓ For EPA guidelines on testing and protecting your private well, visit: www.epa.gov/privatewells or www.ny.gov (and search “Private Well”)
- ✓ For more information on prevention visit: nyscheck.org/rx



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