



Chemical Exposures

at home and work

Did you know?

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

Action Plan

- If you work with chemicals, don't track them into your home.
 - Change clothes and shoes before returning home or getting into your car.
 - Shower before returning home or as soon as you get home.
 - Wash work clothes separately from clothing of other household members.
- If you are pregnant, or would like to be in the future, ask about possible harmful exposures at jobs such as construction, lead battery/car work, and farm/agriculture work.
- When performing activities that may involve lead, use safety measures that reduce lead hazards to you and your family. These activities include home renovations,

[more](#) →

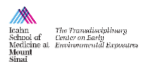


using artist paints, working with stained glass, working with lead fishing weights, and bullet casting.

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New York State Children's
Environmental Health Centers



[NYSCHECK.ORG](https://www.nyscheck.org)



Resources

To help identify and reduce various environmental exposures, visit:

health.ny.gov for “Reducing Environmental Exposures: The Seven Friendly Best Kid-Friendly Practices.”

For more information visit: nyscheck.org/rxs

To request an environmental telehealth consultation with one of the experts at the Children’s Environmental Health Center of the Hudson Valley, please call 914-493-7585.



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