



Environmental 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.
 - 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 include home renovations, using artist paints, working with stained glass, working with lead fishing weights, and bullet casting.

[more](#) →

Resources

To help identify and reduce various environmental exposures, visit:

health.ny.gov and search "Reducing Environmental Exposures: Seven Friendly Best Kid Practices."

health.westchestergov.com/toxic-substances

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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