

## How children are different than adults

- Children drink more water, eat more food, and breathe more air pound-for-pound than adults.
- Chemicals are currently tested for safety using a healthy adult as the standard.
- Children weigh less than a healthy adult, as a result, the 'safe' dose for a child is significantly less.
- Children do not have the same ability to filter or remove harmful toxins from their bodies as adults do.
- Children's rapidly developing bodies are more susceptible to chemicals from conception to their early twenties.
- Chemicals may affect boys and girls differently. Their hormones play a big role in how chemicals act in the body.
- Expectant mothers and nursing mothers can pass harmful chemicals to their baby.
- Toddlers are especially at risk, if they see it, they eat it!
- Children have a long time to live, and have a long time to be exposed to their environment.

In association with...



## A Child's World children and the environment

*why children are **not** little adults and  
steps you can take to protect them*



2650 Westview Drive, Wyomissing, PA 19610  
610.670.9200  
www.PICEH.org



### **NO SMOKING NEAR CHILDREN**

#### Consider Indoor Air Pollution

Do not smoke in the house or in the car when children are present. Make sure others avoid smoking around your child. Children breathe faster than adults and absorb MORE of the cancer-causing chemicals found in tobacco smoke.

### **USE LEAD-FREE PAINTS**

#### Test Your Home For Lead Poisoning

Test your home for lead, remove any source of lead, and buy paints that contain zero lead. Be certain to properly recycle products that may contain lead (batteries, computers, TV, and electronic devices).

Lead exposure can permanently cause brain damage. Children are exposed to lead by breathing or eating lead dust from old lead-based paint or drinking contaminated water.

The National Lead Information Center can provide more information (800-424-LEAD)

### **IS YOUR WATER SAFE?**

#### Test Your Water

Children absorb more chemicals and absorb them faster than adults. Take steps to check your water for lead. Lead pipes are often found in homes built before the 1920's. Lead solder in copper pipes was used until 1980. No amount of lead is safe. Hardware stores sell water testing kits.

Well water should be tested for more than just lead. For more information visit our website @ [www.PICEH.org](http://www.PICEH.org).

### **CHECK FOR RADON**

#### Test For Radon Gas Exposure

Test kits are available at most hardware stores. Radon is an odorless, colorless, naturally occurring radioactive gas that is the second leading cause of lung cancer. It is found in unusually high levels in Berks County.

For more information visit our website @ [www.PICEH.org](http://www.PICEH.org).

### **WASH FRUITS & VEGETABLES**

#### Protect your Food

Microwave food only in approved microwave-safe glass or ceramic containers.

Eat a diet that is high in fresh fruits and vegetables.

Be sure to carefully wash all fruits and vegetables. Consider buying organically grown produce.

### **USE SAFER CLEANERS**

#### Use Safer Cleaning Products

Do not use cleaners around your children. ALWAYS store cleaners in a child safety locked cabinet, away from children.

### **LIMIT USE OF LAWN CHEMICALS**

#### Use Safer Lawn Care Products:

Many lawn care products can be harmful to children. Prevent children's exposure if you choose to use them. Do not over apply.

Do not apply pesticides near children or where children may play.



children and the environment

