

# Children's Environmental Health Month

## Calendar Action Items

### October 1

#### Introducing World Water Monitoring Challenge

Visit: [www.worldwatermonitoringday.org/](http://www.worldwatermonitoringday.org/)

World Water Monitoring Challenge is an international education and outreach program that builds public awareness and involvement in protecting water resources around the world by engaging citizens to conduct basic monitoring of local water bodies. Water quality information can be incorporated into classroom curriculum, giving students a hands-on opportunity to learn about surface and ground water monitoring, aquatic macro-invertebrates, and watersheds and how they function.

To ask about conducting water monitoring event for your class, school or troop please contact us: <http://www.azdeq.gov/ceh/contact.html>

### October 2

#### Replace Mercury Thermometers

Replace mercury thermometers with digital or mercury-free thermometers. Safely dispose of mercury thermometers and household mercury at a hazardous waste collection site; [www.azrecycles.gov](http://www.azrecycles.gov) or [www.earth911.org](http://www.earth911.org)

EPA information: [www.epa.gov/mercury/consumer.htm#the](http://www.epa.gov/mercury/consumer.htm#the)

### October 3

#### Promote Food Safety

Wash fruits and vegetables under running water before eating and peel them whenever possible to reduce dirt, bacteria, and pesticides. Trim fat from meat and skin from poultry and fish.

Arizona Department of Health Services: [www.azdhs.gov/phs/oeht/fses/](http://www.azdhs.gov/phs/oeht/fses/)

EPA Information: [www.epa.gov/pesticides/food/tips.htm](http://www.epa.gov/pesticides/food/tips.htm)

**ADEQ will give presentation to the Tanque Verde School Board on how to become recognized as an Arizona Environmentally Healthy School**

### October 4

#### Provide Children Safe Drinking Water

Call your local public water supplier for annual drinking water quality reports. Have private water wells tested annually by a certified laboratory.

Office of Children's Environmental Health information:

<http://www.azdeq.gov/ceh/water.html>

ADEQ Information: [www.azdeq.gov/environ/water/dw/index.html](http://www.azdeq.gov/environ/water/dw/index.html)

EPA Information: [www.epa.gov/safewater/dwh/getin.html](http://www.epa.gov/safewater/dwh/getin.html)

## **ADEQ is participating in a Project Wet water education event with Payson elementary schools.**

### **October 5**

#### Protect Children from Contaminated Fish

It is important to eat a balanced diet, including fish. Avoid eating fish with high levels of mercury and other contaminants.

For Arizona Fish Consumption advisories click here:

<http://www.azdeq.gov/environ/water/assessment/download/fca.pdf>

For national advisories click [here](http://www.epa.gov/waterscience/fish/advisories/) ([www.epa.gov/waterscience/fish/advisories/](http://www.epa.gov/waterscience/fish/advisories/)).

For additional information on water quality visit: [www.azdeq.gov/ceh/water.html](http://www.azdeq.gov/ceh/water.html)

## **Celebrate World Water Monitoring Day from 9 until 11 a.m., Saturday, October 5 at The Hassayampa River Preserve.**

**ADEQ will provide test kits and teach how to test and monitor water quality in your area. Dissolved oxygen, pH balance, temperature and turbidity (amount of solids) are included in the testing. This program is suitable for ages 10 through adult.**

**Children must be accompanied by an adult.**

**To learn more visit:**

<http://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/arizona/placesweprotect/hassayampa-river-preserve.xml>

### **October 6**

#### Remove Hazardous Waste from Your Home

Check for local Household Hazardous Waste Collection events in your area.

For a list of HHW events by zip code click here: <http://www.azrecycles.gov/>

ADEQ information: <http://www.azdeq.gov/environ/waste/solid/howto.html>

EPA information: <http://www.epa.gov/osw/conservation/materials/hhw.htm>

### **October 7**

#### Child Health Day – Children’s Environmental Health Awareness

What can you do to protect children from environmental health risks? Learn more about the many ways you can create a clean and safe environment at home and school.

ADEQ’s Children’s Environmental Health Page at: <http://www.azdeq.gov/ceh/>

EPA Children’s Health information at: <http://www.epa.gov/region9/childhealth/>

#### Let’s Move

One third of American children are overweight. Help your children stay fit and join First Lady Michelle Obama’s campaign to fight childhood obesity. Visit:

<http://www.letsmove.gov/>

## October 8

### Reduce Exposure to Outdoor Air Pollution

Find out when air pollution is high in your area from newspapers, TV or radio stations. .  
Walk, bike, carpool or use public transportation whenever possible.

Limit Children's outside activities when the Air Quality Index (AQI) rises to UNHEALTHY levels. To receive text message alerts on high pollution advisories Visit ADEQ at: <http://www.azdeq.gov/subscribe.html>

### What type of day is it and what should you do?

Ask your school to participate in ADEQ's Air Quality Flag Program click here for details: <http://www.azdeq.gov/ceh/flag.html>

Community Activity: Please Don't Burn Wood on No Burn Days!

**Subscribe to receive No Burn Day Alerts** click here: <http://www.maricopa.gov/aq/>

## October 9

Participate in International Walk to School Day click here: [www.walktoschool-usa.org/](http://www.walktoschool-usa.org/)  
A great way to reduce traffic and air pollution!

## **ADEQ will give an air & water quality presentation to Sequoia Village School**

## October 10

### Grow Your Own Food

Even a small garden is good for children, good for everybody. Planting a backyard or school garden with kids a good way to connect with nature and a great way to have a ready supply of fresh fruits vegetables.

### Help Kids eat healthier food

Feed your kids more fruits and vegetables, less sugar and fewer carbonated beverages and processed foods. Have regular family meals. Ne a role model by eating healthy yourself!

## October 11

### Protect Children from Chemicals in School

Train school staff, teachers, and facility managers to handle chemicals, including pesticides and cleaning products, safely.

ADEQ School Chemical Toolkit: [http://www.azdeq.gov/ceh/download/sc\\_toolkit.pdf](http://www.azdeq.gov/ceh/download/sc_toolkit.pdf)

EPA School Chemical cleanout campaign: <http://www.epa.gov/schools/chemicals.html>

## October 12

### Protect Children from Carbon Monoxide Poisoning

Check fuel-burning appliances, furnace flues, and chimneys yearly. Never use charcoal grills indoors.

Never swim by the tailpipe of a boat, especially while the boat is running.

Arizona Department of Game & Fish brochure-Boating safety & carbon monoxide poisoning:

[http://www.azgfd.gov/outdoor\\_recreation/BoatingEducationCategorypage.shtml](http://www.azgfd.gov/outdoor_recreation/BoatingEducationCategorypage.shtml)

EPA information: [www.epa.gov/iaq/co.html](http://www.epa.gov/iaq/co.html)

### October 13

#### Test Your Home for Radon

Radon is a cancer-causing natural radioactive gas that you can't see, smell or taste. Test your home or school radon. Test your home for radon with a home test kit. Fix your home if your radon level is 4pCi/L or higher.

EPA information: <http://www.epa.gov/radon/>

#### Check for Asbestos

Check insulating materials to ensure they remain intact. Don't disturb them, but check for signs of wear.

ADEQ information: [www.azdeq.gov/environ/air/asbestos/index.html](http://www.azdeq.gov/environ/air/asbestos/index.html)

EPA Information:

[www.epa.gov/iedweb00/asbestos.html#Steps%20to%20Reduce%20Exposure](http://www.epa.gov/iedweb00/asbestos.html#Steps%20to%20Reduce%20Exposure)

### October 14

#### Be SunWise at School!

Sponsor classroom and school-wide activities that raise children's awareness of stratospheric ozone depletion, UV radiation and simple sun safety practices.

**Kid's activity:** Use an ozone detection card to check ozone levels at home or school.

ADHS SunWise fact/tip sheet: [www.azdhs.gov/phs/sunwise/pdf/tip\\_sheet.pdf](http://www.azdhs.gov/phs/sunwise/pdf/tip_sheet.pdf)

EPA Information: [www.epa.gov/sunwise/](http://www.epa.gov/sunwise/)

**Avoid Heat illness at Schools** visit: <http://www.azdhs.gov/phs/oeh/heat/schools.htm>

The Heat Illness Prevention School Project is a toolkit created by the Arizona Department of Health Services in response to a CDC Morbidity & Mortality Report (MMWR) published in 2010. The report found that heat illness during practice or competition is a leading cause of death and disability among U.S. high school athletes ([MMWR, 2010](#)). Within this group, teenagers ages 15-19 are at greatest risk for heat-related illness

The goal of the toolkit is to educate students, school staff, athletic coaches, and parents regarding heat-related illness and prevention. The Heat Illness Prevention School Project aims to reduce the number of heat-related illnesses in schools.

Protect Children from Too Much Sun - [www.shadefoundation.org/](http://www.shadefoundation.org/)

Arizona has plenty of sunshine year round. Remember to wear hats, sunglasses, sunscreen and protective clothing. Use a sunscreen with SPF 15+ on kids over 6 months of age and keep infants out of direct sunlight.

### October 15

#### Reduce Mercury Products in the Home and at School

Safely dispose of products such as thermometers, fluorescent lamps, and other products that may contain mercury. Read more about proper CFL disposal

At ADEQ: [http://azdeq.gov/environ/waste/h/download/cfl\\_light\\_disposal\\_house\\_fact.pdf](http://azdeq.gov/environ/waste/h/download/cfl_light_disposal_house_fact.pdf)

EPA information: [www.epa.gov/mercury](http://www.epa.gov/mercury)

### October 16

#### Protect Children from Mold

Fix moisture problems and thoroughly dry wet areas such as carpets, walls, and ceiling tiles within 24-48 hours to prevent mold growth. Fix leaky plumbing and other water problems in your home. Visit Arizona Department of Health Services at:

<http://www.azdhs.gov/phs/oeh/children/indoorair/mold/index.php>

EPA Information: [www.epa.gov/mold/index.html](http://www.epa.gov/mold/index.html)

### October 17

#### Prevent Mercury Exposure and Clean Mercury Spills Safely at Schools

Open windows and never sweep or vacuum mercury or pour it down the drain.

EPA information: [www.epa.gov/mercury/spills/index.htm](http://www.epa.gov/mercury/spills/index.htm)

### October 18

#### Protect Children at Lakes

ADEQ water assessment information:

<http://www.azdeq.gov/environ/water/assessment/assess.html>

**ADEQ will be demonstrating water pollution prevention activity with 30 elementary students at saguaro elementary school Glendale**

### October 19

#### Reduce Use of Pesticides at Home

To avoid pests in your home, store food and trash in closed containers. Use baits and traps when you can and place them where kids can't get to them.

Arizona Department of health services information:

<http://www.azdhs.gov/phs/oeh/children/pesticides/index.htm>

EPA pesticide information: [www.epa.gov/pesticides/factsheets/pest\\_ti.htm](http://www.epa.gov/pesticides/factsheets/pest_ti.htm)

For more information or to receive a bi-monthly newsletter go to:

<http://cals.arizona.edu/urbanipm/>

### October 20

#### Reduce Indoor Asthma Triggers

Keep homes, schools and child care centers clean. Use dustproof, zippered bedding covers, and control other triggers such as cockroaches, pet dander, dust mites, mold and secondhand smoke. For information and resources visit:

<http://www.azasthma.org/default.aspx>

[http://www.epa.gov/asthma/pdfs/home\\_environment\\_checklist.pdf](http://www.epa.gov/asthma/pdfs/home_environment_checklist.pdf)

## October 21

### Reduce Children's Exposure to Diesel Exhaust

Encourage schools to stop unnecessary bus idling, retrofit buses, and replace the oldest buses in the fleet. To learn how visit <http://www.azdeq.gov/ceh/bus.html>

### It's National School School Bus Safety Week

School districts across the Commonwealth and throughout the country will be observing National School Bus Safety Week October 21 – 25, 2013. With this in mind, schools are invited to participate in the National School Bus Safety Week Poster Contest. This information is also available on the Internet at [www.napt.org](http://www.napt.org).

**Kids Activity:** Have students enter their artwork for 2014 Poster Contest  
For examples visit:

<http://www.dmv.state.pa.us/pdotforms/schoolbusinstructors/PennDOT%202013%20Poster%20Booklet.pdf>

## October 22

### Protect Children from Secondhand Smoke

Don't smoke or let others smoke in your home or car.

Visit Smoke Free Arizona at: <http://www.tobaccofreearizona.com/redirect.html>

EPA Information: <http://www.epa.gov/asthma/shs.html>

## October 23

### Lead Poisoning Prevention Week October 20-26, 2013

"Lead Free kids for a Healthy Future" underscores the importance of the many ways parents can prevent its serious health effects. For Resources and to Join EPA's Global Alliance to eliminate lead paint visit: <http://www2.epa.gov/lead/national-lead-poisoning-prevention-week>

### Protect Children from Lead Poisoning

Temporarily reduce lead hazards; wash floors and windowsills to protect kids from dust and peeling lead-based paint. To learn more go to:

[www.azdhs.gov/phs/oe/invsurv/lead/index.htm](http://www.azdhs.gov/phs/oe/invsurv/lead/index.htm)

## October 24

### Reduce Risks from Lead in Drinking Water

Run cold water until it becomes as cold as it can get. Use only cold water for drinking, cooking, and making baby formula.

ADEQ information for Schools: ([www.azdeq.gov/download/lead.pdf](http://www.azdeq.gov/download/lead.pdf) )

EPA Information: [www.epa.gov/safewater/lead/index.html](http://www.epa.gov/safewater/lead/index.html)

## October 25

### Improve Indoor Air Quality in Schools

Make sure school heating, ventilation, and air conditioning systems are working properly. Implement the IAQ Tools for Schools Program in your school to improve indoor air quality.

ADEQ CEH Healthy Schools: <http://www.azdeq.gov/ceh/download/healthy.pdf>

ADHS Information: <http://www.azdhs.gov/phs/oeh/children/indoorair/index.htm>

EPA Tools for Schools Program: [www.epa.gov/iaq/schools/](http://www.epa.gov/iaq/schools/)

## October 26

### Prevent Asthma Attacks ([www.azasthma.org](http://www.azasthma.org) )

Work with a health professional to develop an asthma management plan. Learn what triggers your child's asthma and eliminate or reduce exposure to those allergens and irritants.

EPA information: [www.epa.gov/asthma/index.html](http://www.epa.gov/asthma/index.html)

Coaches & Athletes: [www.winningwithasthma.org](http://www.winningwithasthma.org)

## October 27

### Reduce your Use of Plastic Bags and Bottles

Pack children's school lunches in reusable bags and give them a reusable bottle for water at lunch and during sports practices

## October 28

### Keep our Air Breathable

Encourage Fitness, reduce traffic and reduce air pollution-all at the same time. Instead of driving your children to school and after-school activities, have them walk, bike or use public transportation.

**Kid's activity:** To check the air quality flag color today click here.

<http://www.azdeq.gov/environ/air/ozone/ensemble.pdf>. **What type of day is it and what should you do?** Ask your school to participate in ADEQ's Air Quality Flag Program click here for details: <http://www.azdeq.gov/ceh/flag.html>

**Download Winter in Desert Coloring Book at:**

[http://www.azdeq.gov/ceh/download/winter\\_air\\_colorbook-web.pdf](http://www.azdeq.gov/ceh/download/winter_air_colorbook-web.pdf)

For more general Air Quality Information: [www.azdeq.gov/environ/air/index.html](http://www.azdeq.gov/environ/air/index.html)

And <http://www.maricopa.gov/aq/and>

<http://www.pinalcountyz.gov/departments/airquality/Pages/Home.aspx>

And <http://www.deq.pima.gov/air/index.html>

EPA Information on the AQI: [www.epa.gov/airnow/aqi\\_cl.pdf](http://www.epa.gov/airnow/aqi_cl.pdf)

## October 29

### Help Children Avoid ‘Nature Deficit Disorder’

Cut back on “screen time” and help kids enjoy the great outdoors with a day at the zoo, hiking Arizona’s amazing trails, visit a nature preserve, or have a picnic at a local park. For Arizona hiking information visit Arizona Forest Service System information at:

<http://www.fs.usda.gov/coconino/>

<http://www.fs.usda.gov/kai/>

<http://www.fs.usda.gov/prescott/>

<http://www.fs.usda.gov/asnf/>

<http://www.fs.usda.gov/coronado/>

<http://www.fs.usda.gov/tonto/>

**See Also Arizona State Parks** at: <http://azstateparks.com/index.html>

Check out America’s Great Outdoors initiative at ([www.doi.gov/americasgreatoutdoors](http://www.doi.gov/americasgreatoutdoors))

## October 30

### Lock it Up!

Kids act fast and so do poisons. Install child-proof safety locks on kitchen and bathroom cabinets. Store pesticides and other chemicals in a locked cabinet; never put them in other containers that kids can mistake for food or drink. If a child or adult is poisoned, call poison control at 1-800-222-1222. And visit: [www.aapcc.org/dnn/Home.aspx](http://www.aapcc.org/dnn/Home.aspx)

## October 31

### Watch Your Waste & Go Green

How much waste do you your family or school generate in one day? Remember the 3 R’s: Reduce, Reuse, & Recycle. Visit ADEQ at:

<http://www.azdeq.gov/environ/waste/solid/recycle.html>

<http://www.azrecycles.gov/>

**Student Activity visit:** <http://www.epa.gov/students/>

**Teacher Activity:** Learn about how your school can become a US Green Ribbon School at: <http://www2.ed.gov/programs/green-ribbon-schools/index.html>

### ADEQ’s Tools for Teachers

Discover what free programs are available to your school visit ADEQ’s Office of Children’s Environmental Health at: <http://www.azdeq.gov/ceh/tools.html>

### More for Teachers:

For Water Education see-Arizona Project WET-Water Education for Teachers

<http://cals.arizona.edu/arizonawet/resources/resources.html>

For teacher, student, and school sustainability education & curriculum visit;

<http://www.greeneducationfoundation.org/greenweek.html>