

Children's Environmental Health Month

Calendar Action Items

October 1

Remove Hazardous Waste from Your Home

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

List of HHW: www.azrecycles.gov

List of events by city: www.earth911.org

October 2

Replace Mercury Fever 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 or www.earth911.org)

October 3

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.

October 4

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. Read [ADEQ's Fish Advisory Fact Sheet](#) for local advisories and the [U.S. EPA National Listing of Fish Advisories](#).

October 5

Participate in International Walk to School Day

A great way to reduce traffic and air pollution!

October 6

Reduce Outdoor Air Pollution

Find out when air pollution is high in your area from newspapers, TV or radio stations. Limit outside activities when the Air Quality Index (AQI) rises to unhealthy levels. Walk, bike, carpool or use public transportation whenever possible. [Receive text message alerts](#) on [high pollution advisory](#) days.

Kids activity: Check the air quality flag color today, what type of day is it and what should you do?

[ADEQ Air Quality Division](#):

[U.S. EPA Air Quality Index Guide](#)

[U.S. EPA: What You Can Do To Clean The Air](#)

October 7

[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.

[U.S. EPA: Pesticides and Food: Healthy, Sensible Food Practices](#)

October 8

[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.

[ADEQ Safe Drinking Water](#)

[U.S EPA: Water: Consumer Information](#)

October 9

[Lock it Up!](#)

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.

October 10

[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.

[U.S. EPA: Pesticides: Topical & Chemical Fact Sheets](#)

[The University of Arizona: Urban Integrated Pest Management](#)

October 11

[Protect Children from Chemicals in School](#)

Train school staff, teachers, and facility managers to handle chemicals, including pesticides and cleaning products, safely. Implement an [Integrated Pest Management](#) program at your school.

[U.S. EPA: Schools Chemical Cleanout Campaign \(SC3\)](#)

[U.S. EPA: Schools Chemical Cleanout Campaign Fact Sheet](#)

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. Never swim near an idling boat.

[Boating safety & carbon monoxide poisoning](#)

October 13

[Test Your Home for Radon](#)

Test your home for radon with a home test kit. Fix your home if your radon level is 4pCi/L or higher.

October 14

[Protect Children from Too Much Sun](#)

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](#).

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.

[U.S. EPA: Molds and Moisture](#)

October 17

[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.

Kids activity: Use an Ozone detection card to check ozone levels at home or school.

[ADHS SunWise Fact/Tip Sheet](#)

[U.S. EPA: Sunwise Program](#)

October 18

[Protect Children from Secondhand Smoke](#)

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

[U.S. EPA: Asthma Triggers: Gain Control](#)

October 19

[Prevent Mercury Exposure at School](#)

Avoid using liquid mercury in school. Check labs for mercury and other unused chemicals.

[Clean Mercury Spills Safely](#)

Open windows and go to www.earth911.org or contact your local poison control center about spill clean-up procedures. Never sweep or vacuum mercury or pour it down the drain.

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.

October 21

[Introducing Water Monitoring Day](#)

World Water Monitoring Day is designated to provide students and the public with a basic understanding of surface water protection and pollution prevention. Water quality information is incorporated into classroom curriculum, and the event gives students a hands-on opportunity to learn about surface and ground water monitoring, aquatic macroinvertebrates, and watersheds and how they function.

October 22

[Protect Children at Lakes](#)

[ADEQ Water Quality Monitoring and Assessment](#)

[ADEQ Impaired Water List](#)

[ADEQ Interactive GIS Maps](#)

October 23

[“Lead Poisoning Prevention Week”](#)

October 24

[Protect Children from Lead Poisoning](#)

Temporarily reduce lead hazards; wash floors and windowsills to protect kids from dust and peeling lead-based paint. For additional information check the [U.S. EPA: What you can do to protect your family.](#)

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.

[CEH Healthy Schools](#)

[ADHS Information](#)

[U.S. EPA Tools for Schools Program](#)

[For funding assistance or information](#)

October 26

[Prevent Asthma Attacks](#)

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.

[ADHS information](#)

[U.S. EPA: Asthma](#)

[Coaches & Athletes](#)

October 27

[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.

[U.S. EPA: Lead in Drinking Water](#)

October 28

[Reduce Children's Exposure to Diesel Exhaust](#)

Encourage schools to stop unnecessary bus idling, retrofit buses, and replace the oldest buses in the fleet.

October 29

[Ask About Lead when Buying or Renting](#)

Sellers and landlords must disclose known lead hazards in houses or apartments built before 1978.

October 30

[Inspect for Asbestos](#)

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

[U.S. EPA: Asbestos](#)

October 31

[Watch Your Waste](#)

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

School activity: Create a [leaky landfill](#)

Kids activity: Think of ways you can reduce your "waste" this Halloween.

[For Teachers](#)