




EDUCATIONAL SHEET ON PREVENTION OF ENVIRONMENTAL EXPOSURES

<p>Airplane Powder: This is a very powerful pesticide; constant exposure to this chemical can cause irreversible damage to the nervous, cardiovascular, and reproductive systems and may also cause Parkinson's and Alzheimer's. In the United States, contact the National Pesticide Information hotline at 1-800-858-7378 for more information or questions. In Mexico contact the Red Cross or the closest Health Center in your community.</p>	
<p>Lead toxicity: Effects in children include brain damage, learning and behavioral problems, stunted growth and hearing problems. Children may have elevated blood lead even when they look normal. Some sweets and clay pottery made outside the U.S. may contain lead. The U. S. Food and Drug Administration (FDA) recommend that children and pregnant women do not eat sweets and do not use pottery manufactured in other countries.</p>	
<p>Mercury Toxicity: Mercury is very harmful to the developing brain of the fetus and children. It may affect their learning and behavior abilities. Adults also can be poisoned with mercury. Symptoms include numbness of fingers, tongue, lips, blurred vision and fatigue. In our region, there are some beauty products that contain large amounts of mercury such as “Manning Beauty Cream.” This cream is used to lighten and moisturize the skin. Other products containing mercury are compact fluorescent light bulbs, some types of fish, and mercury thermometers.</p>	
<p>Carbon Monoxide Poisoning: Carbon monoxide (CO) is a colorless and odorless gas that can cause death. CO is produced by burning fuels, such as an automobile engine, motors, generators, oil lamps, wood or coal stoves, and heating systems. Symptoms of poisoning include fatigue, headache, nausea, vomiting, dizziness, confusion, disorientation, irritability, visual disturbances, coma, and death. CO poisoning can be prevented by providing proper maintenance to all fuel-burning appliances and use them as directed.</p>	
<p>Endocrine Disruptors: These are chemical compounds that mimic or interfere with the function of certain hormones in the body. Many of these substances have been linked to reproductive (infertility, sterility, defects in the formation of reproductive organs), immunological (ovarian, breast, and prostate cancer), neurological (hyperactivity, autism), and endocrine (obesity, diabetes) problems. Some of the best known endocrine disruptors are pesticides such as DDT, polychlorinated biphenyls (PCBs), bisphenol A (BPA), some plastics, and other chemicals. Endocrine disruptors are still under study and new developments are expected in the near future.</p>	
<p>Expectant mothers can take precautions</p>	
<p>Instead of using:</p>	<p>Try using:</p>
<p>Pesticides indoors, pesticides on lawn, mothballs</p>	<p>Baits or traps control bugs indoors, tightly sealing foods, including pet foods</p>
<p>Paints, varnishes, glues, polishes with high solvent content</p>	<p>Low-solvent-content paints, water-based finishes and glues. (Have these applied when you are away from home.)</p>
<p>Bleach, ammonia, disinfectants and strong cleaning products</p>	<p>Elbow grease, soap and water, baking soda and vinegar</p>
<p>Scented products, perfumes, air fresheners, incense</p>	<p>Unscented cleaners, laundry detergent, fabric softeners and cosmetics</p>
<p>Hair coloring, permanents, hair spray, aerosol product</p>	<p>New haircut, hair gel for styling, products that do not require spraying</p>
<p>Dry cleaning, odorous soft plastic toys, mattress covers</p>	<p>Washable toys, bedding, clothes</p>
<p>Odorous flooring such as vinyl, pressed wood or particle board, carpeting</p>	<p>Ceramic, stone tile, hardwood floors</p>