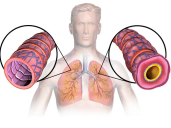


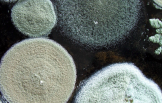










"Enhancing Environmental Health of Children on the Border"

EDUCATIONAL SHEET ON PREVENTION OF ENVIRONMENTAL EXPOSURES

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| <p>Asthma: Over 8.1% of people in this country have asthma. Asthma is increasing rapidly, especially in children. Asthma accounts for more school absenteeism than any other chronic disease, 60% of students with asthma miss school annually due to respiratory symptoms. Seventy percent of people with asthma also have allergies. During an asthma attack, the sides of the airways in your lungs swell and the airways shrink making breathing difficult to the point that it may cause death.</p> |  <p><small>Photo: Bluewin Medical. Retrieved on 16 February 2016.</small></p> |
| <p>Smoking and the promise to keep your home free of smoke: Smoking can trigger an asthma attack. Don't allow smoking inside your home and car. Make the promise to keep your home smoke free.</p> |  |
| <p>Other Combustion Products: Smaller smoke particles are invisible. These particles can enter the lungs. Smoke particles remain in the air for several days.</p> |  |
| <p>Mold: Mold spores are microscopic and can cause asthma. Mold exists everywhere; there are no indoor spaces without mold. However, without sufficient moisture, mold cannot grow. If mold is growing, too much moisture is present.</p> |  |
| <p>Dust Mites: Dust mites are microscopic. Their droppings can cause allergies. They eat the skin flakes we release in our beds, on carpets, and furniture. Cover pillows and mattresses with allergy-proof casing.</p> |  <p><small>Photo courtesy of CDC/NIH. Creative Commons Attribution 3.0 license. © 2015 S. H. Hwang.</small></p> |
| <p>Pet dander: Some people are allergic to pet dander, urine, and / or saliva. Do not allow pets in your bedrooms. Keep your pets out of your home if possible. Cat dander cause more allergies and asthma than dog dander.</p> |  |
| <p>Carpet: The carpet is a reservoir for dead skin, food crumbs, and animal dander. Dust mites, cockroaches, and mold (fungi) feed from that debris. Hard-surface flooring such as vinyl, tile or wood is much easier to keep free of dust mites, pollen, pet dander and other allergens.</p> |  |
| <p>Powders and Sprays: Powders and sprays contain small particles. These particles remain in the air and irritate the lungs. Use liquid, "roll-on" or gel base products instead. Many people are very sensitive to powder and spray.</p> |  |
| <p>Fragrances: If you smell a fragrance it means that certain chemical substances were released into the air. Perfumes and fragrances can trigger asthma and allergies. Deodorants do not remove the odor, only mask it. The smell of "clean" is no smell at all!</p> |  |
| <p>Solvents and Chemicals : Harsh chemicals irritate the respiratory tract (nose, throat, and lungs) and may cause permanent damage. Avoid using harsh chemicals in your home. Try using safe cleaners like vinegar, baking soda, water, and hard work.</p> |  |
| <p>Insect Control and Use of Pesticides: Pesticides can be extremely toxic. Try to use as little as possible. Seal or cover cracks and crevices to keep insects and rodents out of your home. Use borax or glue traps to control pests.</p> |  |
| <p>Unlawful Pesticide Products: Illegal pesticides are more toxic than those registered. Other pesticides have unknown chemicals. Registered pesticides are chemicals approved by the Environmental Protection Agency for use inside or outside the house. The "Chinese Chalk" is a product that has not been approved by the EPA. The manufacturer makes claims that the chalk is "harmless to human beings and animals" and "safe to use." These claims are untrue and dangerous.</p> |  |

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| 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. | |  |
| 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>photo courtesy of USFDA</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. | |  |
| 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. | |  |
| 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. | |  |
| Expectant mothers can take precautions | |  |
| Instead of using: | Try using: | |
| Pesticides indoors, pesticides on lawn, mothballs | Baits or traps to control bugs indoors, tightly sealing foods, including pet foods | |
| Paints, varnishes, glues, polishes with high solvent content | Low-solvent-content paints, water-based finishes and glues. (Have these applied when you are away from home.) | |
| Bleach, ammonia, disinfectants and strong cleaning products | Elbow grease, soap and water, baking soda and vinegar | |
| Scented products, perfumes, air fresheners, incense | Unscented cleaners, laundry detergent, fabric softeners and cosmetics | |
| Hair coloring, permanents, hair spray, aerosol product | New haircut, hair gel for styling, products that do not require spraying | |
| Dry cleaning, odorous soft plastic toys, mattress covers | Washable toys, bedding, clothes | |
| Odorous flooring such as vinyl, pressed wood or particle board, carpeting | Ceramic, stone tile, hardwood floors | |