



CONTAMINANTS

Children can be poisoned if contaminants such as chlorine bleach, air fresheners and other household cleaning products are not used, stored or thrown away safely. Young children are curious and can get into these everyday products which can hurt or even kill them. Exposure to some household products can produce fumes that can cause nausea, dizziness, itching or burning skin, rashes or watery eyes. Reducing or eliminating the number of household contaminants is one way to reduce illness in children.

Carbon monoxide is a toxic gas that you cannot see, smell or taste. It comes from any burning flame in or around your home. Signs and symptoms of exposure are headaches, dizziness and flu-like symptoms. It can cause sight, hearing and heart problems; even death.

Lead is found in old house paint in homes built before 1978. Children can be poisoned by breathing in or swallowing lead dust. Lead exposure can cause children to have behavior problems, lower intelligence levels and brain damage.



POISON



FLAMMABLE



CAUTION

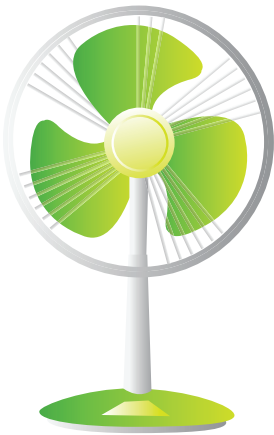
LOW COST FIXES

- Read the label of household cleaning products in your home. Look for words like Caution, Warning, Flammable, Harmful, Danger, Poison. Take extra care if you see these words on the label.
- Always keep children and pets away while you use household chemicals.
- Don't eat, drink, or smoke when using household chemicals.
- Open windows and run fans while cleaning.
- Keep flammable products away from heat, sparks and fire.
- Store hazardous products in the package, can, or bottle they came in. Never put them in another container.
- Do not use air fresheners, candles, incense or scented cleaners if your child has allergies or asthma.
- When using bleach use the correct amount to make your solution.
 - **Spray bottle:** ¼ cup of bleach to 4 cups water;
 - **Bucket:** 1 cup of bleach to 10 cups of water.
- Keep hazardous products away from children in a locked, secure place.
- Install carbon monoxide and smoke detectors your home.
- Use nontoxic cleaning products also known as "green cleaners."
 - a. Use a plunger to unclog toilets and sinks instead of toxic drain cleaners.
 - b. Use baking soda as a scrubbing agent, and in place of carpet freshener.
 - c. Use 3 tablespoons of white vinegar with water as a grease cutter and to wash windows instead of window cleaners.

LOW COST FIXES (CONTINUED)



Open windows and run fans when cleaning.



Keep children away from peeling and damaged paint surfaces.

- Do not smoke in the home.
- Do not use ovens or stoves to heat your home.
- Be sure clothes dryer is vented outdoors.
- Keep children away from peeling and chipping paint.
- Have your child tested for lead poisoning at age 1 and age 2, or before age 6 if child has never been tested.
- Give your child foods high in calcium, vitamin C and iron to help his body prevent lead build up.
- Be ready in case there's an accident: Put the Poison Control Center telephone number in your phone.



POISON CONTROL CENTER
1-800-222-1222

RESOURCES

For more information: Contact your local Health Department or landlord.

Consumer Products Safety Commission • 1-800-638-2772 • www.cpsc.gov

EPA's Consumer Labeling Initiative • <http://www.epa.gov>

Healthy Indoor Air for America's Homes • 406-994-3451 • www.healthyindoorair.org

Home*A*Syst Handbook • 608-262-0024 • www.uwex.edu/homeasyst

New Jersey Quitline • 1-866-NJSTOPS • njquitline.org

www.leadsafekids.org



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