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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



NATIONAL CHILDREN'S HEALTH MONTH

This month is National Children's Health Month. Children are at a greater risk for exposure to harmful pollutants than compared to adults because they are not fully developed yet. Protecting children from environmental threats where they live, learn, and play are the first steps in reducing the risk.

There are simple steps parents can take to help ensure safety of their child. First, keep pesticides and other toxic chemicals away from children by keeping children, toys, and pets away when pesticides are applied. Secondly, protect children from contaminated water. This can be done by properly disposing of toxic household chemicals and testing your drinking water.

Ensuring your children are safe everywhere they go is important. Avoid letting them play outside on days with the poorest air quality. You can check the Air Quality Index forecast for your area at [AirNow.gov](https://www.airnow.gov). Red or orange-colored air quality alerts indicate the poorer air quality and would be better to find indoor activities.

Indoor air quality is just as important as outdoor air quality. Common sources of indoor air pollution are combustion sources such as oil, gas or wood, wet or damp carpet, and asbestos containing insulation. Children are more vulnerable to air pollution than adults because their brains, lungs, and other organs are still developing. They are physically more exposed to air pollution than adults because they are breathing faster and often by mouth, taking in more pollutants

For more information related to Children's Health Month visit <https://www.epa.gov/children/childrens-health-month>