

Childhood Cancer & the Environment

Cancer is one of the top causes of serious illness and death in children and teens in the United States. The causes of childhood cancer are still unknown. You can lower the risks of some cancers and other diseases by staying away from the hazards listed below.

Air Pollution

Air that contains harmful substances such as:

- smoke
- cleaning products
- air fresheners
- burning candles
- dust

Tips to reduce exposure to air pollution:

- Check air quality index for your area. Limit time outdoors when Air Quality Index (AQI) is poor.
- Ventilate and increase air flow by opening windows and turning on exhaust fans when cooking.
- Filter or clean the air using HEPA filters and air purifiers
- Avoid burning wood, trash, or yard waste

Solvents & Volatile Organic Compounds (VOCs)

These chemicals are found in many home products, such as: paint, glue, and scented items.

Tips for reducing exposures to solvents and VOCs:

- Use scent free and “Low VOC” products; like water-based glue and paint.
- Store left over household chemicals away from living areas and out of reach of children.
- Avoid dry-cleaning clothes OR air them out them out away from children and pregnant women.
- Let the fresh air in and turn on fans when using solvents, cleaning products, and paint.
- Increase air flow and ventilation after bringing new furniture, carpets, and fake wood products into the home.

Tobacco Smoke

The smoke from tobacco cigarettes and cigars and the aerosol from vaping is harmful to anyone who is around it.

Tips for reducing exposures to smoking and vaping:

- Quit smoking or vaping.
- Do not allow smoking or vaping in home, car or near children

Pesticides

Chemicals used to control pests in homes, gardens and yards.

Tips for reducing exposures to pesticides:

Food-Related

- Wash fruits and vegetables before eating.
- Buy organic food when possible.
- Wash hands often and before eating.

Pest Management

- Use the least toxic options to control pests, even when hiring a professional.
- Leave shoes outside the home.
- Follow instructions on pesticide labels.
- Shut windows when pesticides are being used outside.
- Use the Environmental Working Group (EWG) Shopper's Guide to Pesticide Use in Produce.
- Use "Integrated Pest Management" (IPM)

Radiation

Harmful energy waves found in medical imaging and homes

Tips for reducing exposures to radiation:

1. Have a professional test your home for radon.
2. Ask your doctor about risks and benefits of Xrays and CT Scans.

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Resources

Air Quality Index (AQI)
at AirNow.gov



EPA's
Care For Your Air



EPA Integrated
Pest Management



EWG Shoppers
Guide to Pesticides
in Produce



CDC Quit Tips



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