

Promoting Environmental Health in Communities: Talking Points

Most audiences understand only a limited number of messages. They also need messages that have been tailored for their needs and interests. Thus your environmental health presentations should emphasize the most important messages for your audience. This document reminds environmental health professionals of some key talking points for **the general population**. Highlight the ones that are most important to the community you are working with, or add additional points that are relevant to your audience. Your printed materials and the PowerPoint presentation should reinforce these important messages.



1. Wash your hands often.
2. Wash fruits and vegetables before you eat them.
3. Read labels & follow directions when using household chemicals.
4. If you remodel your home, you might come into contact with harmful substances, especially if your house was built before 1980. Houses built before 1980 may have lead-based paint or asbestos in building products. Thermostats, switches, and thermometers can contain mercury.
5. Keep your home well ventilated.
6. Be aware of environmental concerns in your community. Read the news, talk to neighbors, and visit www.epa.gov and www.atsdr.cdc.gov to see if there is specific information on contamination in your area.
7. Avoid cigarette smoke and tobacco products.
8. Eat up to two servings a week of fish or shellfish that are low in mercury. Fish and shellfish that are lower in mercury include shrimp, trout, tilapia, farmed catfish, crab, calamari (squid), and wild Alaska salmon.
9. Follow advisories about possible contamination of fish in your area.
10. Follow proper disposal guidelines for chemical-containing products.

Promoting Environmental Health in Communities: Talking Points for At-Risk Communities

Most audiences understand only a limited number of messages. They also need messages that have been tailored for their needs and interests. Thus your environmental health presentations should emphasize the most important messages for your audience. This document reminds environmental health professionals of some key talking points for **communities at risk from environmental contamination**. Highlight the ones that are most important to the community you are working with, or add additional points that are relevant to your audience. Your printed materials and the PowerPoint presentation should reinforce these important messages.



1. Wash your hands often.
2. If you live near an industrial plant or a facility known to have chemical spills or releases, be sure people know to contact you if/when a spill or release happens. Form a telephone tree so that you and all of your neighbors receive a call in the case of a release.
3. Know the most direct route to the nearest hospital, or dial 911 to receive medical help.
4. Avoid contact with contaminated soil. Remove your shoes at the door if there is a chance you have walked on contaminated soil, and avoid fruits and vegetables grown in contaminated soil.
5. Avoid fishing and swimming in contaminated water.
6. Follow advisories about possible contamination of fish in your area.
7. Avoid the outdoors when air pollution is high. If you have to be outdoors, consider wearing a protective mask.
8. If you have concerns about your water, drink and cook with filtered or bottled water.
9. Improve your indoor air quality by using fewer scented and chemical-containing products, such as harsh cleaning products and air fresheners.
10. Be aware of environmental concerns in your community. Read the news, talk to neighbors, and visit www.epa.gov and www.atsdr.cdc.gov to see if there is specific information about the environment in your area.

Promoting Environmental Health in Communities: Talking Points for Pregnant and Breastfeeding Women

Most audiences understand only a limited number of messages. They also need messages that have been tailored for their needs and interests. Thus your environmental health presentations should emphasize the most important messages for your audience. This document reminds environmental health professionals of some key talking points for **pregnant and breastfeeding women**. Highlight the ones that are most important to the community you are working with, or add additional points that are relevant to your audience. Your printed materials and the Power-Point presentation should reinforce these important messages.



1. Wash your hands often.
2. Eat up to two servings a week of fish or shellfish that are low in mercury. Fish and shellfish that are lower in mercury include shrimp, trout, tilapia, farmed catfish, crab, calamari (squid), and wild Alaska salmon. Follow advisories about possible contamination of fish in your area.
3. Reduce or stop use of chemical-containing and scented household products, such as harsh cleaning products and air fresheners. Read labels and follow directions.
4. Wash fruits and vegetables before you eat them.
5. Wear gloves when gardening.
6. Be aware of environmental concerns in your community. Read the news, talk to neighbors, and visit www.epa.gov and www.atsdr.cdc.gov to see if there is specific information about the environment in your area.
7. Avoid doing your own painting, and use no-VOC paint. VOCs, volatile organic compounds, can be harmful to your health.
8. Avoid pesticides and other household chemicals.
9. Avoid cigarette smoke and tobacco products.
10. Avoid alcohol and alcohol-containing foods.

Promoting Environmental Health in Communities: Talking Points for Caregivers to Children

Most audiences understand only a limited number of messages. They also need messages that have been tailored for their needs and interests. Thus your environmental health presentations should emphasize the most important messages for your audience. This document reminds environmental health professionals of some key talking points for **caregivers to children**. Highlight the ones that are most important to the community you are working with, or add additional points that are relevant to your audience. Your printed materials and the PowerPoint presentation should reinforce these important messages.



1. Wash your hands and children's hands often.
2. Wash toys, bottles, and pacifiers often.
3. Store cleaning products, pesticides, and other chemical-containing products where children can't reach them.
4. Wash fruits and vegetables fed to children thoroughly.
5. Don't let children near contaminated water or soil.
6. Pets can bring in contaminants and pesticides that can harm children. Be aware of where your pets play.
7. Children are exposed to whatever is on the floor. Consider removing your shoes at the door or mopping without the use of chemicals often. You can mop with vinegar and warm water.
8. Improve indoor air quality by using fewer scented and chemical-containing products, such as harsh cleaning products and air fresheners.
9. Let children play inside on days when you know there is bad air quality.
10. Use no-VOC paint. VOCs, volatile organic compounds, can be harmful to your health.

Promoting Environmental Health in Communities: Talking Points for Older Adults

Most audiences understand only a limited number of messages. They also need messages that have been tailored for their needs and interests. Thus your environmental health presentations should emphasize the most important messages for your audience. This document reminds environmental health professionals of some key talking points for **older adults**. Highlight the ones that are most important to the community you are working with, or add additional points that are relevant to your audience. Your printed materials and the PowerPoint presentation should reinforce these important messages.



1. Wash your hands often.
2. Wash fruits and vegetables.
3. Talk to other people in your community and read the news. When you are aware of current events, you are more likely to know if there is a hazard.
4. If you live near an industrial plant or a facility known to have chemical spills or releases, be sure that people know to contact you if/when a spill or release happens. Form a telephone tree so that you and all of your neighbors receive a call in the case of a release.
5. Avoid the outdoors on days when you know air quality is bad.
6. Keep your home well ventilated.
7. Use clear, large-print labels on products that contain chemicals such as bleach, cleaning agents, or disinfectants.
8. Do not store any chemical products in containers that were used to store food, and do not store food in containers that once held chemicals.
9. Eat up to two servings a week of fish or shellfish that are low in mercury. Fish and shellfish that are lower in mercury include shrimp, trout, tilapia, farmed catfish, crab, calamari (squid), and wild Alaska salmon.
10. Avoid pesticides and reduce your use of household chemicals.