



# Eco-Healthy Child Care®

Eco-Healthy Child Care® helps early childhood learning environments to be as healthy, safe and green as possible by reducing children's exposure to toxic chemicals.



## Air Quality

### Health Concerns

Air quality significantly impacts children's health. The health impacts associated with poor indoor and outdoor air include: decreased lung size and function, acute respiratory illnesses (such as asthma and bronchitis), emphysema, and even some types of cancer. Children are particularly vulnerable to air pollution because their lungs are still developing and they breathe more air per pound of body weight than adults.

**Indoor air pollution** levels are often 2-5 times greater than outdoor levels as a result of indoor contaminants, inadequate air filtration, and ventilation. Common indoor air pollutants are tobacco smoke (including e-cigarettes or "vaping"); mold and mildew; dust mites and cockroaches; household chemicals; fragrances; and pet dander, sweat, and urine. Poor indoor air quality (IAQ) can also harm academic performance and learning and increase child and staff absenteeism.

**Outdoor air pollution** comes from a variety of sources, including cars, buses, trucks, ships, trains, wildfires, industry, and activities such as smoking or campfires. Traffic pollutants include possible harmful chemicals in gasoline and diesel exhaust. Child care facilities may be exposed to excessive levels of diesel exhaust if they are located less than 500 feet from major roadways or close to heavy bus traffic. Children have higher exposures to air pollution because they spend, on average, more time outdoors than adults.

Fortunately, there are many ways to improve indoor air quality and protect children from harmful outdoor air pollutants.

### Improve Your Indoor Air Quality:

**Ventilate, ventilate, ventilate.** Increase ventilation by opening screened windows and using fans.

**Ensure that the HVAC (heating, ventilation and air**

**conditioning) system is properly maintained and meets legal standards.** Change the filters in your HVAC system every 3 months. If window air conditioning units are used, check filters regularly and replace as needed.

**Prevent mold and mildew.** Reduce excess moisture and humidity. Fix leaks and clean spills promptly. Use a fan that vents to the outdoors in the kitchen, laundry room and bathroom(s) to reduce moisture and mildew. For major water leaks hire a professional company to ensure drying within 24-48 hours. Avoid wall to wall carpeting. If carpeting gets wet, and remains wet for longer than 48 hours, consider removing carpet completely. Mold can grow in the carpet, the layers of padding beneath the carpet, and on the flooring beneath. If removing carpet is not an option, deep steam clean regularly.

**Do not use scented or unscented candles, artificial air fresheners or products with fragrances.** These products contain multiple harmful chemicals which can include dangerous solvents. Choose "fragrance-free" products instead of "unscented" products, as the "unscented" label indicates that a fragrance was added to mask or cover-up any other chemical smells. Even naturally derived essential oils and incense can be harmful to human health and the environment causing respiratory distress and particle pollution.

**Ensure all solvents, adhesives, paints, and art supplies are stored in a well-ventilated area.** Products should be sealed tightly and stored in their original containers out of the reach of children. Dispose of anything that is not being used by taking it to a hazardous waste facility. To find one nearest you, visit [www.search.earth911.com](http://www.search.earth911.com). Avoid products that emit strong chemical odors, such as plastic shower curtains.

**Remove classroom pets.** Unfortunately, pets' sweat, urine, dander, fur and feathers can trigger allergic and asthmatic reactions. While reptiles and amphibians may not

trigger these reactions, they carry bacteria called salmonella which can cause serious illness in children. If a pet cannot be removed from the facility, regular cleaning of the cage, thorough wet-dusting, mopping, and vacuuming with a HEPA filtered vacuum is essential.

**Use low or no VOC (Volatile Organic Compounds) paint.** When painting, allow 24 hours of ventilation before re-entering the area. Make sure painting happens when children are not present.

**Prevent Carbon Monoxide (CO) exposure.** Purchase and install a carbon monoxide detector. Gas stoves (stove top and ovens) can be a significant source of carbon monoxide. Ensure adequate ventilation when using gas stoves. Be sure your that your stove hood actually vents to the outdoors .

**Never smoke, including e-cigarettes and/ or “vaping”, on child care premises, in your car or near children.** If you do smoke, wear an outer garment that you remove upon entering the building. Wash hands immediately. Consider implementing a no smoking policy.

### Protect Children from Outdoor Air Pollutants

**Adopt an Anti-Idling policy.** Car exhaust releases pollutants that are harmful to health (especially to children) and the environment. Pollution from idling vehicles can also enter a facility.

**Know Your Air Quality.** Check your local daily air quality index (AQI), at [www.airnow.gov](http://www.airnow.gov). On *Code Orange* days (unhealthy for sensitive populations such as children), minimize strenuous outdoor activities or keep children indoors. On days where the air quality index is worse than *Code Orange*, it is best to keep children inside. In some areas, you can sign up for electronic updates; visit [www.enviroflash.info](http://www.enviroflash.info) to find out more.

**Here are other resources;** download the related fact sheet from [www.cehn.org/ehcc/factsheets](http://www.cehn.org/ehcc/factsheets).

- ☐ **Use Integrated Pest Management (IPM) procedures to manage pests.** *EHCC's Pesticides fact sheet.*
- ☐ **Use non-toxic art supplies.** *EHCC's Art Supplies fact sheet.*
- ☐ **Test your facility for Radon.** *EHCC's Radon fact sheet.*
- ☐ **Avoid purchasing furniture products that have pressed wood (plywood and particleboard), and avoid wall to wall carpet.** *EHCC's Furniture and Carpets fact sheet.*

**Prevent exposure to damaged or degraded asbestos.** *EHCC's Asbestos fact sheet.*

- ☐ **Use fragrance-free, 3<sup>rd</sup> party certified, least-toxic cleaning, sanitizing and disinfectant products.** *EHCC's Household Chemicals fact sheet.*

## Air Quality Resources

- Indoor air quality tools for schools:  
[www.epa.gov/iaq/schools](http://www.epa.gov/iaq/schools)
- Check the Air Quality Index for your community:  
[www.airnow.gov](http://www.airnow.gov) or [www.enviroflash.info](http://www.enviroflash.info)
- American Lung Association:  
[www.lungusa.org/healthy-air](http://www.lungusa.org/healthy-air)
- Eco-Healthy FAQs on Fragrances; and Pet Allergens:  
[www.cehn.org/ehcc/toxfaqs](http://www.cehn.org/ehcc/toxfaqs)

### FOR MORE INFORMATION

**Call: 202-543-4033, ext. 13**

**Email: [ehcc@cehn.org](mailto:ehcc@cehn.org)**

**Visit: [www.cehn.org/ehcc](http://www.cehn.org/ehcc)**

*Eco-Healthy Child Care® (EHCC) is a science-based, award-winning national program that seeks to improve the environmental health of children by partnering with child care professionals to eliminate or reduce environmental health hazards found in child care facilities.*

**Eco-Healthy Child Care®**

c/o Children's Environmental Health Network  
110 Maryland Ave. NE Suite 404 | Washington, DC 20002  
202.543.4033, ext. 13





# Eco-Healthy Child Care®

Eco-Healthy Child Care® helps early childhood learning environments to be as healthy, safe and green as possible by reducing children's exposure to toxic chemicals.



## Lead

### What Is Lead and How Is It Used?

Lead is a naturally occurring heavy metal found in the environment. Lead is odorless and colorless. It is currently used in the production of certain batteries, metal and PVC (polyvinyl chloride) piping, electronic products, art supplies, ceramics and other common and industrial items. Due to health concerns, lead has been significantly reduced in paint, ceramic products, caulking, and pipe solder. The federal government banned lead-based paint from housing in 1978 but older houses can still have lead paint (both inside and outside). Lead was also banned as a gasoline additive in the U.S. in 1978. Lead can still be found in many products including play jewelry, art supplies, PVC toys, paint, ceramic pottery, and piping. Many urban areas have high levels of lead in their soil.

### Health Concerns

There is no safe level of lead exposure. Lead is a neurotoxicant. It accumulates in bones, muscles, and fat, creating a long-term source of low level exposure inside the body. Children exposed to lead can experience headaches, abdominal pain, constipation, hearing problems, delayed growth, decreased IQ, behavioral and learning problems, and damage to the brain and nervous system. At high levels, it can be fatal. Adult exposure can lead to reproductive problems, muscle and joint pain, decreased reaction time, memory loss, kidney problems, and nerve disorders. The people most at risk to exposures are pregnant women, breast feeding mothers, and children under the age of six.

### Lead Is Especially Harmful to Children

Young children are at a greater risk of lead poisoning for several reasons. First, they often put their hands and other objects in their mouths – these objects may have lead dust on them. If they live or go to school in a place

with high levels of lead, in the paint or dust, their bodies can easily absorb the lead. Lead-based paint can have a sweet taste, making children more likely to eat it.

A child's body reacts differently to lead, as compared to an adult's body. Lead substitutes for calcium; young bodies need calcium, so children can absorb 50% of the lead they ingest, while adults only absorb about 10%. Children can also absorb more lead through their stomach than adults, especially if they are deficient in iron, an important nutrient. Finally, because children's brains and nervous systems are still developing, they are more sensitive to the neurotoxic effects of lead than adults.

### Reducing Exposure to Lead

Symptoms of lead poisoning can be easily overlooked, so prevention and testing are necessary.

- Reduce childhood lead exposure.
  - ◇ *Frequently wash hands, especially after coming inside, and before eating. Remove shoes when coming inside. Vacuum often. Clean floors, window frames, and window sills weekly. Use a mop, sponge or paper towel with warm water and a general all-purpose cleaner.*
- Some American children have high blood lead levels.
  - ◇ *Exposure is measured by assessing one's blood lead level. Refer families who reside near major road ways, in homes with lead based paint, or homes with old piping systems (pre 1986) to their physician for lead testing.*
- Children are exposed to lead by eating old paint chips (before 1978) or ingesting old paint particles and dust.
  - ◇ *Projects that disturb lead-based paint can create dust and endanger you and your family. If you are*



planning to paint, renovate or remodel a child care facility built before 1978, make sure the contractor you hire is from a 'Lead-Safe Certified Firm.' Be sure the professional follows the work safe practices as outlined in EPA's brochure, "The Lead-Safe Certified Guide to Renovate Right." Visit [www.epa.gov/lead/lead-safe-certified-guide-renovate-right](http://www.epa.gov/lead/lead-safe-certified-guide-renovate-right)

- Lead can get into drinking water by leaching from plumbing materials and fixtures.
  - ◊ Cold water is less likely to leach lead from pipes. Use only cold water for drinking, cooking, and making baby formula. If water has been sitting in pipes for 6 hours or more, flush cooking and drinking outlets before using the water.
  - ◊ To find out more about protecting children from lead in tap water and if you should test your tap water for lead, visit EHCC's Lead in Tap Water FAQ at: [www.cehn.org/ehcc/toxFAQs](http://www.cehn.org/ehcc/toxFAQs).
- Imported, old, or handmade pottery may contain lead.
  - ◊ Avoid these types of pottery when eating, drinking, and cooking.
- Soil is often contaminated with lead, especially the soil around old homes (built before 1977) and alongside major roadways.
  - ◊ Use a rough mat for wiping feet or go shoe-free inside where allowable. Frequently damp mop.
- Many children's painted toys and vinyl products (rubber duckies, rain coats, and nap mats) contain high levels of lead. See EHCC's *Plastics & Plastic*

*Toys fact sheet.*

- ◊ Avoid imported painted toys (especially those with bright red and yellow paint) and children's vinyl products. Subscribe to the CPSC recall listserve for contaminated toy recalls, see resources below.
- Some non-traditional medicines (folk remedies) can contain dangerously high levels of lead.
  - ◊ Use caution when considering use of non-traditional remedies. Avoid use of Azarcon.
- Costume jewelry and jewelry sold in vending machines may contain lead.
  - ◊ Keep metal jewelry away from children.
- Imported candies, such as tamarind candy, can contain high levels of lead.
  - ◊ Keep imported candy away from children.
- Some artificial turf/grass contains lead.
  - ◊ Use caution when purchasing artificial turf/grass. Ensure children wash hands and remove their shoes before coming inside - after playing on artificial turf/grass that may contain lead.
- Hands and toys can become contaminated with lead from household dust and exterior soil.
  - ◊ Regularly wash children's hands, toys, and pacifiers.
- Reduce lead absorption by eating well.
  - ◊ Eat a balanced diet high in calcium (kale, collard greens, milk, cheese, yogurt) and iron (e.g. lean red meat, chicken, spinach, broccoli).

### Lead Resources

- Environmental Protection Agency:  
<http://www2.epa.gov/lead>  
<http://water.epa.gov/drink/info/index.cfm>  
<http://water.epa.gov/infrastructure/drinkingwater/schools/guidance.cfm#sdwa>
- Consumer Product Safety Commission (CPSC)  
[www.cpsc.gov](http://www.cpsc.gov)
- Lead Hotline—The National Lead Information Center  
[1-800-424-LEAD \(5323\)](tel:1-800-424-LEAD)
- Eco-Healthy FAQs on Lead in Tap Water:  
[www.cehn.org/ehcc/toxFAQs](http://www.cehn.org/ehcc/toxFAQs)

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*Eco-Healthy Child Care®*

# E-COURSE

Visit ProSolutions to sign up:

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Course is approved for adult learning clock  
hours in 48 states







# Choose Safe Places for Early Care and Education

Planning. Guidance. Protection.



## Choose Safe Places for Early Care and Education

ATSDR's **Choose Safe Places for Early Care and Education** helps make sure that early care and education (ECE) programs are located in safe places — so that children aren't exposed to dangerous chemicals during their care. Our goal is to help professionals in public health, community planning, licensing, environmental protection, early care and education, and other fields work together to create safe practices in their communities.

### Understanding the problem

Even if they meet current state licensing regulations, ECE programs may be located in places where children and staff can come in contact with dangerous chemicals.

As a result, a new ECE program might open in a contaminated industrial building that was never cleaned up, or next door to a dry cleaner using harmful chemicals. This can put staff and especially children — who are more sensitive to the effects of chemicals because they're still growing — at risk of health problems. In some cases, these health effects may be irreversible.

### How ATSDR is helping


Choose Safe Places for Early Care and Education encourages better choices about where to locate ECE programs. It gives towns, cities, and states a framework to adopt practices and support policies that will make sure ECE programs are located safely. It also helps professionals who make ECE siting decisions learn how to evaluate a site for an ECE program by considering if:

- ✓ Harmful chemicals were ever used, made, or dumped at the site
- ✓ Businesses are using harmful chemicals near the site
- ✓ The site is at risk for naturally occurring contaminants like radon
- ✓ The drinking water is safe

In the United States, about 8.3 million children are in licensed ECE programs for an average of 36 hours per week

Protect children in early care and education programs from chemicals like:

- ▶ Arsenic
- ▶ Lead
- ▶ Pesticides
- ▶ Volatile Organic Compounds (VOCs)



Choose Safe Places for Early Care and Education also offers models for cooperation between different professionals and agencies — and shows that adding a consideration of environmental health concerns to licensing requirements doesn't necessarily require additional funding or staff.

### Case study: Connecticut

The Connecticut Department of Public Health (CTDPH) investigated an ECE program that opened on the site of a former gas station.

**The problem:**

They didn't find problems caused by gas, but they did find high levels of arsenic in the well water.

**The solution:**

CTDPH educated the center's operators about using filters or bottled water to keep children and staff safe. They also alerted the state ECE licensing program about the local arsenic problem, so it can recommend that centers with private wells conduct routine water testing.

### Get involved

When it comes to making sure that ECE programs are located safely, we all have a role to play. The following groups can work together.

- ✓ Health and environmental protection departments can review environmental data, make recommendations for environmental testing, and help ECE program operators and others understand testing results
- ✓ Early care and education licensing officials can consider environmental concerns in their licensing and inspection procedures
- ✓ Planners and zoning officials can ask questions about how a site was used in the past before giving a permit — and get the health department involved if needed
- ✓ Early care and education program operators can work with state and local health, licensing, and planning and zoning agencies to keep their program safe from dangerous chemicals
- ✓ Parents and other concerned community members can ask ECE providers questions about how a program site was used in the past

### Learn more

Check out the [Set It Up Safe: Planning Tool](#). You'll find an interactive checklist for choosing a safe location, a copy of our complete guidelines, and more helpful resources.

**Find out how to prevent problems when locating early care and education programs — so all children have a healthy place to grow, develop, and play:**

[www.atsdr.cdc.gov/safeplacesforECE](http://www.atsdr.cdc.gov/safeplacesforECE)



# Choose Safe Places for Early Care and Education

Planning. Guidance. Protection.

## Set It Up Safe: Planning Tool

Early care and education (ECE) program owners and operators, city planners, zoning officials, early care and education licensing agencies, and health and environmental protection departments can all work together to keep children in ECE programs safe from harmful chemicals. You can use this tool to make sure that children have a safe place to grow, develop, and play.

Following these recommendations will help ensure that ECE programs are located in safe places — so that children aren't exposed to chemicals left over from former uses of a site, naturally occurring hazards, or contamination from nearby locations. These recommendations are designed to complement — and not replace — state and local regulations.

### Elements of Safe Early Care and Education Siting

There are 4 things to consider before choosing a location for a new ECE program:

1. Former use of the site
2. Nearby sites and nearby activities
3. Naturally occurring contamination
4. Safe drinking water

Choosing Safe Places for Early Care and Education needs to be a collaborative process. Building partnerships with the agencies and sectors that have the expertise to evaluate each of these 4 elements is essential. It's the best way to help ensure that ECE programs are located in safe places.





## Set It Up Safe: New Early Care and Education Program Facility

### Former use of the site

- ☐ Look at documents (such as land records, databases, or other resources) related to current and prior ownership of the property to find out whether any businesses on the property could have used or disposed of hazardous contaminants
- ☐ Get assistance finding relevant documents from the
  - ✓ Town or county clerk's office
  - ✓ Town or county planning or zoning department
  - ✓ State or county environmental agency
  - ✓ State, county, or local health department
  - ✓ Historical society
  - ✓ Local Chamber of Commerce
  - ✓ Town tax assessor
  - ✓ Find out whether any environmental site assessments have been done for the property (such as a Phase 1, Phase 2, or Phase 3 Environmental Site Assessment)
- ☐ Get assistance finding relevant environmental documents from the
  - ✓ Current property owner
  - ✓ State environmental agency files
  - ✓ State or national databases of hazardous waste sites
  - ✓ State, county, or local health department town files
  - ✓ Local land records
- ☐ Review environmental documents to confirm that the site's former uses have not left hazardous contaminants in the environment
- ☐ Partner with the state or county health department and environmental agency staff with the appropriate expertise to review the documents
- ☐ Visit the site to look for clues that the ECE program building or property may have hazardous substances
  - ✓ Inspect areas that may have been used to store hazardous substances such as storage sheds, underground storage tanks, basements, or attics
- ☐ Work with partners (who have the appropriate expertise) to take any necessary follow-up actions to resolve questions or concerns about hazardous contaminants from former use

### Resources:

- ▶ [ATSDR Choose Safe Places for Early Care and Education Guidance Manual, Chapter 4: Former Use and Nearby Sites](#)
- ▶ [ATSDR Choose Safe Places for Early Care and Education Guidance Manual, Chapter 5: How to Build a Program – Models for a Safe ECE Siting Program](#)
- ▶ [ATSDR Choose Safe Places for Early Care and Education Guidance Manual, Chapter 6: Safer ECE Program Siting Program Tools](#)
- ▶ [ATSDR Choose Safe Places for Early Care and Education Guidance Manual, Appendix F: Activities of Concern With Former or Adjacent Uses to a Site](#)



## Nearby sites and activities

- ☐ Visit the site or do a windshield tour (observing the area from a car) to see whether there are properties surrounding the site that might be using hazardous materials that could affect the ECE property
- ☐ Find out whether there are environmental reports that indicate environmental pollution on nearby properties that could impact the ECE property
- ☐ Get assistance finding environmental reports from
  - ✓ State agency files
  - ✓ State or national databases of hazardous waste sites
  - ✓ State, county, or local health department files
  - ✓ Owners of nearby properties
- ☐ Review environmental reports to confirm that pollution from nearby properties is not impacting the ECE property and have not left hazardous contaminants in the environment
- ☐ Partner with the state or county health department and environmental agency staff with the appropriate expertise to review the documents.
- ☐ If there are nearby businesses of potential concern, conduct a site visit of these businesses to determine whether hazardous materials could impact the ECE program property
- ☐ Work with partners (who have the appropriate expertise) to take any necessary follow-up actions to resolve questions or concerns about hazardous contaminants coming from these businesses

### Resources

- ▶ [ATSDR Choose Safe Places for Early Care and Education Guidance Manual, Chapter 4: Former Use and Nearby Sites](#)
- ▶ [ATSDR Choose Safe Places for Early Care and Education Guidance Manual, Chapter 5: How to Build a Program – Models for a Safe ECE Siting Program](#)
- ▶ [ATSDR Choose Safe Places for Early Care and Education Guidance Manual, Appendix F: Activities of Concern With Former or Adjacent Uses to a Site](#)
- ▶ [EPA Smart School Siting Tool](#): Use this tool to get ideas on how to work together to align ECE program siting with community development
- ▶ [EPA Toxics Release Inventory \(TRI\) Program](#): Learn about toxic chemicals in your area and how they are being managed

## Naturally occurring contamination

- ☐ Find out whether any areas of naturally occurring contamination (such as arsenic in water, radon in buildings, or asbestos in soil) could affect the proposed ECE program site
- ☐ Get assistance with finding areas of naturally occurring contamination from
  - ✓ County or local health departments
  - ✓ State or county environmental agencies
  - ✓ U.S. Geological Survey or a state geologist

### Resources:

- ▶ [ATSDR Choose Safe Places for Early Care and Education Guidance Manual, Chapter 4: Naturally Occurring Contamination](#)
- ▶ [EPA Envirofacts](#): Find data about environmental hazards in your area
- ▶ [EPA Superfund](#): Find contaminated sites that are being cleaned
- ▶ [CDC Environmental Public Health Tracking Network](#): Find data on environmental health issues in your area



## Safe drinking water

- ☐ Note the type of water system used by the proposed ECE program site
- ☐ If the water comes from a private system (a private well, for example)
  - ✓ Learn about relevant regulations and possible contaminants from state or local health departments
  - ✓ Develop a water sampling program and retest at regular intervals
  - ✓ Maintain the well and water treatment system as recommended by the provider or manufacturer
  - ✓ Review EPA booklet [Drinking Water Best Management Practices For Schools and Child Care Facilities With Their Own Drinking Water Source](#) for information on cleaning water fountains and hot water tanks, testing for copper pipes, and routine measures to reduce lead exposure and follow up on elevated levels
- ☐ If the water comes from a public water system
  - ✓ Get and review your water system's "Consumer Confidence Report"
  - ✓ Review EPA booklet [Drinking Water Best Management Practices For Schools and Child Care Facilities Served by Municipal Water Systems](#) for information on cleaning water fountains and hot water tanks, testing for copper pipes, and routine measures to reduce lead exposure and follow up on elevated levels

### Resources:

- ▶ [ATSDR Choose Safe Places for Early Care and Education Guidance Manual, Chapter 4: Access to Safe Drinking Water](#)
- ▶ EPA: [Drinking Water Best Management Practices for Schools and Child Care Facilities with their Own Drinking Water Source](#)
- ▶ EPA: [Drinking Water Best Management Practices for Schools and Child Care Facilities Served by Municipal Water Systems](#)
- ▶ EPA: [Lead and Copper Rule: Quick Reference Guide for Schools and Child Care Facilities that are Regulated Under the Safe Drinking Water Act](#)
- ▶ EPA: [Drinking Water Contaminants – Standards and Regulations](#)

## Additional Tools and Resources

- ▶ GIS mapping tools
  - ✓ [EPA EnviroAtlas](#)
- ▶ Data tools
  - ✓ [CDC Environmental Public Health Tracking Network](#): Find data on environmental health issues in your area.
  - ✓ [EPA Toxic Release Inventory \(TRI\) Program](#): Learn about toxic chemicals being managed in your area.
  - ✓ [EPA Envirofacts](#): Find data about environmental hazards in your area.
  - ✓ [EPA Superfund](#): Find contaminated sites that are being cleaned.



# Eco-Healthy Child Care® Checklist

**30 easy-to-follow steps** that will immediately benefit the health and well-being of the children in your care.



**Follow these instructions to get started on creating a healthier environment!**

View EHCC's Fact Sheets to learn why these best practices will reduce environmental health hazards in your facility: [www.cehn.org/ehcc/factsheets](http://www.cehn.org/ehcc/factsheets)

- 1.** Answer all 30 questions on the checklist.
- 2.** Comply with at least 24 of 30 items, including #1, #6 and #11, which are required.
- 3.** If you can't answer "true" to 24 items, take steps to make improvements. Visit [www.cehn.org/ehcc](http://www.cehn.org/ehcc) for tips and tools.
- 4.** Fill out all parts of the Endorsement Form, and obtain both required signatures.
- 5.** Send the completed checklist and \$25/\$50 payment to the address indicated.

TRUE	FALSE	?	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>Pesticides and Pest Prevention</b>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>1.</b> We use non-toxic techniques inside and outside of the facility to prevent and control pests (both insects and weeds). If a serious threat remains and pesticide application is the only viable option, parents and staff are notified in advance and a licensed professional applies the least toxic, effective product at a time when children will have the least exposure to the application area for at least 12 hours (see manufacturer's instructions to ensure 12 hours is enough time). <b>REQUIRED</b>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>2.</b> We thoroughly wash all fruits and vegetables to avoid possible exposure to pesticides, and we take the opportunity to educate children about the importance of doing so.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>Air Quality</b>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>3.</b> We avoid conditions that lead to excess moisture, because moisture contributes to the growth of mold and mildew. We maintain adequate ventilation (which can include exhaust fans and open screened windows). We repair water leaks and keep humidity within a desirable range (30-50%).
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>4.</b> We do not allow vehicles to idle in our designated parking areas.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>5.</b> We do not use scented or unscented candles or air fresheners.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>6.</b> During operating hours, we prohibit smoking, including the use of e-cigarettes or "vaping", anywhere on the premises or in sight of children. (Note: For the healthiest environment for children and staff, smoking should not be allowed on the premises at any time). <b>REQUIRED</b>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>Household Chemicals</b>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>7.</b> We use fragrance-free, 3rd party certified ( <a href="http://www.ecologo.org">www.ecologo.org</a> , <a href="http://www.epa.gov/saferchoice">www.epa.gov/saferchoice</a> , OR <a href="http://www.greenseal.org">www.greenseal.org</a> ) least-toxic cleaning, sanitizing and disinfecting products. When sanitizers and disinfectants are required, they are used only for their intended purpose and in strict accordance with all label instructions.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>8.</b> We use chlorine bleach only when and where it is required or recommended by state and local authorities. We use it prudently and never use more than necessary.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>9.</b> We do not use aerosol sprays of any kind.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>10.</b> We use only no-VOC or low-VOC (Volatile Organic Compounds) household paints and do not paint when children are present.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>Lead</b>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>11.</b> We use only cold water for drinking, cooking and making baby formula; we flush all cooking and drinking outlets after long periods of non-use; and we clean debris from our outlet screens or aerators on a regular basis. If we suspect that there could be lead in our drinking water, we have our water tested and, if appropriate, use water filtration devices that have been certified to remove lead for additional treatment of drinking water at the outlet. <b>REQUIRED*</b>

- ☐ ☐ ☐ 12. Our building was built after 1978 OR 1) We maintain our facility to minimize lead hazards AND 2) We follow the Federal requirements in EPA's Renovate Right brochure before painting, remodeling, renovating, or making repairs that disturb paint.\*
- ☐ ☐ ☐ 13. To avoid possible lead exposure, we do not use imported, old or handmade pottery to cook, store or serve food or drinks.
- ☐ ☐ ☐ 14. To reduce possible exposure to lead-contaminated dirt, we supply a rough mat at the entrance of our facility and encourage the wiping of shoes before entering — or — we are a shoe-free facility.
- ☐ ☐ ☐ 15. We screen our toys for lead by searching [www.cpsc.gov](http://www.cpsc.gov).

### Mercury

- ☐ ☐ ☐ 16. We do not use any mercury-containing thermometers or thermostats. Instead we use digital options.
- ☐ ☐ ☐ 17. We securely store all used batteries and fluorescent and compact fluorescent light bulbs; we then recycle them at a hazardous waste facility. Visit [www.earth911.com](http://www.earth911.com) to find locations

### Furniture and Carpets

- ☐ ☐ ☐ 18. To avoid possible exposure to flame retardants, we ensure furniture is in good condition without foam or inside stuffing exposed. Stuffed animals, carpet padding, nap mats, pillows, and other foam items are also intact.
- ☐ ☐ ☐ 19. Furniture is made of solid wood or low-VOC (Volatile Organic Compounds) products, with few items made of particleboard. When purchasing furniture or renovating, we choose either solid wood (new or used) or products that have low VOCs.
- ☐ ☐ ☐ 20. We do not have permanently installed carpeting where children are present.\*
- ☐ ☐ ☐ 21. Area rugs are vacuumed daily and cleaned at least twice a year and as needed using fragrance-free, 3rd party certified ([www.ecologo.org](http://www.ecologo.org), [www.epa.gov/saferchoice](http://www.epa.gov/saferchoice), OR [www.greenseal.org](http://www.greenseal.org)) cleaners.

### Art Supplies

- ☐ ☐ ☐ 22. We use only non-toxic art supplies approved by the Art and Creative Materials Institute (ACMI). Look for ACMI non-toxic seal 'AP' at [www.acmiart.org](http://www.acmiart.org).

### Plastics and Plastic Toys

- ☐ ☐ ☐ 23. We avoid products made out of PVC (such as: soft vinyl dolls, beach balls, and "rubber ducky" chew toys). We use only those products labeled "PVC-free" or "phthalate-free".
- ☐ ☐ ☐ 24. When using a microwave, we never heat children's food in plastic containers, plastic wrap or plastic bags.
- ☐ ☐ ☐ 25. When choosing baby bottles, sippy cups or drinking cups, we only use safer alternatives: products made of glass, covered with a silicone sleeve (a silicone bottle jacket to prevent breakage), OR those made with safer plastics such as polypropylene or polyethylene. We encourage the families we serve to purchase and provide the same.\*

### Treated Playground Equipment

- ☐ ☐ ☐ 26. We do not have playground equipment made of CCA treated wood (pre-2004) — or — if we do, we apply 2 coats of waterproof stain or sealant at least once a year.

### Radon

- ☐ ☐ ☐ 27. We have tested our facility for radon. If elevated levels of radon are found, we take action to mitigate. We have visited [www.epa.gov/radon](http://www.epa.gov/radon) for resources, and have researched state requirements and guidelines to learn more.

### Recycling and Garbage Storage

- ☐ ☐ ☐ 28. We recycle all paper, cardboard, glass, aluminum and plastic bottles.
- ☐ ☐ ☐ 29. We keep our garbage covered at all times to avoid attracting pests and to minimize odors.

### Education and Awareness

- ☐ ☐ ☐ 30. We create opportunities to educate the families we serve on eco-healthy practices.

For more information on any checklist items, visit

[www.cehn.org/ehcc/resources](http://www.cehn.org/ehcc/resources) or [www.cehn.org/ehcc/factsheets](http://www.cehn.org/ehcc/factsheets)

\* Visit EHCC's FAQs at [www.cehn.org/ehcc/toxfaqs](http://www.cehn.org/ehcc/toxfaqs)



EHCC is a program of Children's Environmental Health Network.

For more information, please visit us online at [www.cehn.org/ehcc](http://www.cehn.org/ehcc)

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# Endorsement Form

## 1 Verify your responses (both signatures required):

"The information provided on this Eco-Healthy Child Care® Endorsement Checklist is true to the best of my knowledge."

 1. FACILITY OWNER OR DIRECTOR \_\_\_\_\_ date \_\_\_\_\_

 2. PARENT OR NON-EMPLOYEE WITNESS \_\_\_\_\_ date \_\_\_\_\_

### FOR VERIFICATION • OFFICE USE ONLY

Approved by (signature) \_\_\_\_\_ Date \_\_\_\_\_

**Please select all that apply:** ☐ We are an Early Head Start Program ☐ We are a Head Start Program

**How did you hear about the EHCC endorsement?** Please choose one. ☐ EHCC FaceBook page

☐ Fellow Provider ☐ Parent ☐ CCR&R Agency or Network ☐ State QRIS ☐ Eco-Healthy Online Course

☐ Conference (which one?) \_\_\_\_\_ ☐ Other \_\_\_\_\_

## 3 Provide fee and confirmation of EHCC participation

As part of EHCC quality control, a limited number of endorsed sites are randomly selected for a free site assessment; selected sites receive at least 48 hours notice. By submitting this endorsement form and payment, you also agree to a possible site assessment conducted by EHCC staff. Please visit [www.cehn.org/ehcc/onsite](http://www.cehn.org/ehcc/onsite) to find out more.

By meeting the criteria outlined above, including: gathering the necessary signatures, and submitting the \$25/\$50 endorsement fee, your facility will receive the 2-year Eco-Healthy Child Care® endorsement certificate, EHCC Poster, and monthly Eco-Healthy Hot Tip emails.

## 4 Mail form and payment to:

EHCC/CEHN  
110 Maryland Avenue NE, Suite 404  
Washington DC, 20002

## 2

**Please record your facility information as you would like it to appear on your certificate:**

Facility name \_\_\_\_\_ # licensed capacity \_\_\_\_\_

Street address or P.O. Box \_\_\_\_\_

Mailing address if different from facility address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Contact name \_\_\_\_\_ Phone \_\_\_\_\_

Contact email \_\_\_\_\_

Facility website \_\_\_\_\_

Choose one: ☐ Family Child Care ☐ Center-based

Our facility is accredited by: ☐ AELL ☐ NAEYC ☐ NAFCC

☐ Please **do not** post my facility information on the website

### Fees

The 2-year endorsement processing fee:

- facilities licensed to care for 1-20 children = **\$25**
- facilities licensed to care for 21+ children = **\$50**

### Please indicate method of payment

☐ Enclosed is our \$25/\$50 check or money order made out to EHCC/CEHN

☐ We've paid our \$25/\$50 payment via credit card at

**[www.cehn.org/ehcc/payment](http://www.cehn.org/ehcc/payment)**

Name on credit card used \_\_\_\_\_

**Renewal Incentive:** Previously-endorsed facilities that renew their endorsement on time (both checklist AND payment received by CEHN before one's current endorsement expires) may deduct \$10 from their endorsement fee. (The dates of endorsement are listed on the EHCC endorsement certificate.)

# Be Eco-Healthy!

Research increasingly shows that the first years of a child's life are critical to shaping their future health and development. As a child care provider, you have the unique opportunity and responsibility to protect each young child's overall health and well-being. By reducing toxics in your facility, you may help to prevent conditions like asthma, developmental disabilities, and even some forms of cancer. It is essential that we all work together to prevent children's exposure to environmental toxics. Learn more by accessing EHCC's NEW online course here. **[www.prosolutionstraining.com/ehcc](http://www.prosolutionstraining.com/ehcc)**

**Thank you for taking steps to make your  
child care program Eco-Healthy!**



**[www.cehn.org/ehcc](http://www.cehn.org/ehcc)**

**EHCC is a program of Children's Environmental Health Network.**

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