

Free and cutting edge Environmental Health Resources

Western States Pediatric Environmental Health Specialty Unit (WSPEHSU)



Free eBook and CE Course ♦ Earn up to 13.75 Free CE credits! A Story of Health



Asthma



Health Effects of Wildfires



Cognitive Decline

Certified for CME/CNE and other health profession credits through the Centers for Disease Control and Prevention/ATSDR.

This series of fictional stories addresses how complex interactions among environmental exposures and genetics affect our health where we live, eat, work and play.

Healthcare providers will acquire knowledge necessary to promote environmental health with a focus on exposure prevention and vulnerable populations.

This interactive eBook includes colorful graphics, videos from health and policy experts, and additional resources.



Related Resources:

Get the facts about childhood cancer
Childhood Cancer & the Environment

Tools for provider education and community outreach.

Sign up for the newsletter!



t.ly/hjRW



wspehsu.ucsf.edu/SOHucsf



Developmental Disabilities



Infertility



Childhood Cancer

Free Pediatric Environmental Health Toolkit

Mobile Tool for Providers

- ▶ Peer reviewed briefs on 30 environmental health hazards: air, water, food and consumer products with sections on health effects, exposure routes and prevention strategies.
- ▶ **Key concepts:** climate change, environmental justice, unique vulnerability of children, how chemical, built and food environments influence health.
- ▶ Anticipatory guidance for 13 age groups, prenatal-teen years.
- ▶ Additional resources and references.

Patient Education

- ▶ Prescriptions for Prevention on 30 environmental topics guide parents and caregivers in simple low or no cost actions to protect children's health and prevent future harm. Available in English and Spanish. Some even have videos!
- ▶ Contact wspehsu@ucsf.edu for integration into your EMS!



bit.ly/PrescriptionsforPrevention



Sponsored/funded by the Western States Pediatric Environmental Health Specialty Unit. For funding information, please go to pehsu.net.



peht.ucsf.edu



PFAS (Per- or poly-fluoroalkyl substances)



Did you know?

The PFAS group of thousands of chemicals have stick coatings, and stain/water resistant fabrics. Exposure to PFAS chemicals is common and most via contaminated food or drinking water and some or "stain proof" products. PFAS are sometimes called "forever chemicals" because they stay in our environment a long time. Kids with higher PFAS exposures are more likely to have cholesterol problems and decreased growth as babies.

- ✓ **Do**
 - Ask your water provider if they have PFAS testing levels, or test your own well if you use well water.
 - Here's a map where PFAS investigations are being done by the CDC.
 - Some states also have PFAS testing data available online.
 - Check your Consumer Confidence Report on water.
 - Consider using a filter certified to reduce PFAS levels. Find our more about PFOA/PFOA in drinking water here:
 - Boiling water does not reduce PFAS. Many water filters don't either. Be sure to select a filter certified to decrease PFAS.
 - If levels are above 0.004 parts per trillion (ppt) for PFOA or 0.02 ppt for PFOS, consider using an alternate source of water if you're not able to use a PFAS-certified filter.

Don't

- ✗ **Don't use takeout containers** or reusable containers made of glass or stainless steel as soon as possible.
- ✗ **Don't buy:**
 - Stain-resistant carpets or furniture coatings usually have lots of PFAS.
 - "Stain resistant", "water repellent" or "dirt repellent" clothing or hair products (etc) that have ingredients that contain "fluoro" or PTFE (ex. "Waterproof" makeup).
 - Coated dental floss, get the uncoated kind.
- ✗ Avoid applying waterproofing sprays.