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QUICK TIPS *for parents* of school-age kids

It is our goal, as your local Health Department to provide useful information to prevent, promote and protect you and your family's health and wellness.

Poison Prevention

1

Most poisonings happen within the home, the majority occurring in the kitchen, bathroom and bedroom. That is why it is important to follow simple steps to prevent a poisoning from happening in your home. Teach your family to never touch or put anything in their mouths unless they know what it is.



[Prevention Tips](#)



Healthy Eating

2

Are you looking for fun ways to teach your family about healthy eating? MyPlate.Gov will help you create and maintain healthy eating habits, all while having fun! Enjoy MyPlate's games & apps, as well as their free printable coloring pages, tip sheets, recipes and quizzes.



[Healthy Eating for Kids](#)

[Tips for Picky Eaters](#)

[Visit MyPlate.Gov to enjoy the fun](#)



Radon and Your Health

3

Common in Chautauqua County, radon occurs naturally and is a colorless, odorless gas. It can accumulate in basements and lower floors. Over time, breathing high levels of radon can cause lung cancer. **Learn more about radon and request a FREE TEST KIT.**

[Radon Activity Book](#)



[More about radon](#)

