

# Back-to-School Checklist for Environmental Health



## Learn About Air Quality Index (AQI)

Before heading to school or sports practice, check the AQI to ensure the air quality is safe. Kids with respiratory issues should keep medications (e.g., inhalers) on-hand or with the school nurse, in accordance with school policy. The AQI can be checked at [AirNow.gov](https://airnow.gov) or most weather apps.



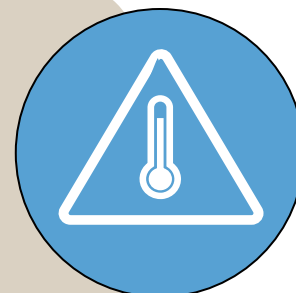
## Prevent Tickborne Diseases

Regularly check for ticks after spending time outdoors. Use EPA-approved insect repellants. Treat clothing and gear with permethrin, an insecticide. Keep a tick-removal kit or tweezers handy. See a health care provider if you experience symptoms like a rash, fever, or flu-like symptoms, especially in the summer.



## Monitor the Daily Heat Index

The heat index is a combination of the heat and humidity levels outside. Kids and athletes are more susceptible to heat-related illness. Stay safe by dressing appropriately for the weather and wear sunscreen daily. The heat index can be checked on most weather apps.



## Check Your Water Quality

Use “back to school” as a reminder to test private water wells for water quality. Homes with water wells should test their water at least once a year for total coliform bacteria, nitrates, total dissolved solids and pH level. Community water systems provide publicly available water quality reports.



## Conduct Radon Testing at Home

Radon is a naturally-occurring, radioactive gas that can enter homes through the ground (e.g., basements), causing poor indoor air quality and lung cancer. Testing kits are available at local hardware stores or contact the PA Department of Environmental Protection.

