

National Center for
Environmental Health

Take Your Children
to Work
Day



August 13, 1999

CDC
CENTERS FOR DISEASE CONTROL
AND PREVENTION

NCEH
NATIONAL CENTER FOR ENVIRONMENTAL HEALTH

NOTES

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Answers to Environmental Word Scramble:

1. RECYCLE
2. LANDFILL
3. GROUNDWATER
4. HABITAT
5. ECOSYSTEM
6. CHEMICAL
7. HAZARD
8. TOXIC

Final answer:

WE'RE TRYING TO BUILD A

H E A L T H Y

W O R L D

Welcome to the National Center for Environmental Health!

We're very excited to have you at CDC's Chamblee campus this morning, so that you can see what your parents and their co-workers do each and every day.

Our work is to figure out how your environment affects your health. Most people think of nature when they think of the environment, but here, we use "environment" to mean anywhere you live, work, learn, and play.

We are like detectives who try to solve mysteries. We start by looking for clues. We study the evidence. We talk to eyewitnesses. We check the suspect's record and use maps to follow the trail of evidence. Sometimes there's danger too.

We learn things in bits and pieces, and we put them together like a jigsaw puzzle. Each piece is important to the whole picture, so we can help improve the health of you, your family, your friends, and your neighbors. This booklet will tell you about some of the different puzzle pieces that we're trying to put together. The puzzle that we are trying to solve is how to keep people healthy in a healthy environment.

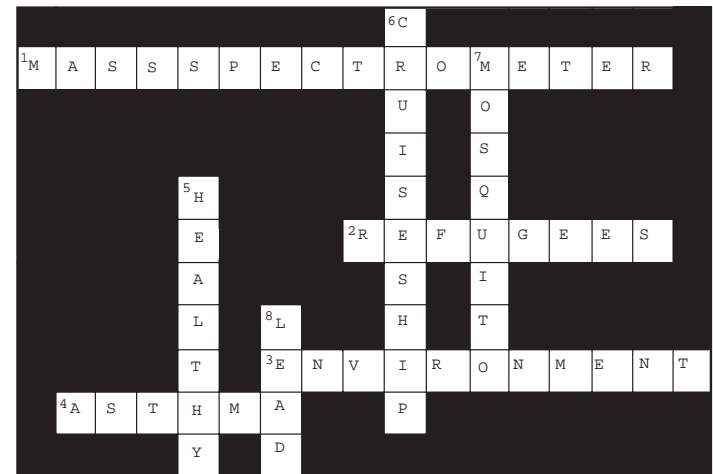
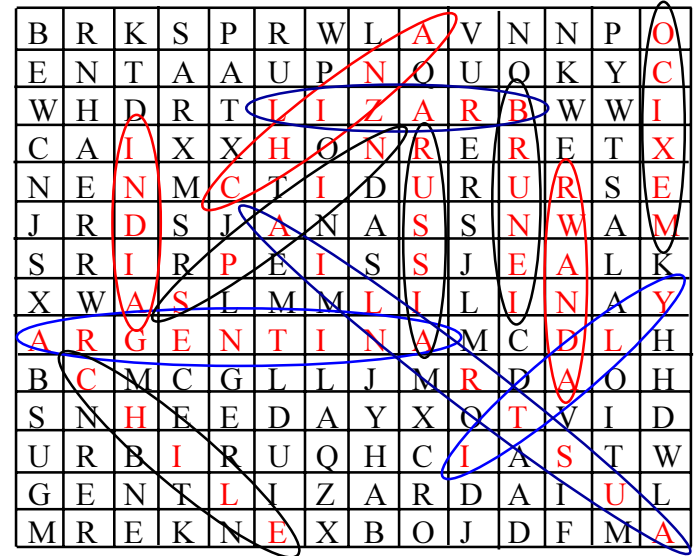
Thank you for coming to spend the morning with us. We hope you enjoy the activities we've planned especially for you. If you have questions about what you learn or read today, please ask any of us!

Best wishes,



Richard J. Jackson, M.D., M.P.H.
Director, National Center for Environmental Health
Centers for Disease Control and Prevention (CDC)

Answers to word search and crossword puzzle



3) Many different people work at NCEH. Write down 1 or 2 things about the workers you meet today. Are they women or men? What countries do they come from? What other things can you learn about them?

Asthma

Did you know that many Olympic athletes have asthma?

Children with asthma may have asthma attacks because of different things. We know that asthma attacks can be caused by polluted air, cigarette smoke, pets, insects, or mold. But we can't predict when children with asthma will have asthma attacks. If you have asthma, stay away from cigarette smoke. Never, never smoke yourself. Remember to take your medicine. You'll feel better and be able to do lots of things, such as swimming, camping, and playing basketball.



Birth Defects

Did you know that a small number of babies are born each year with special problems called birth defects?

Children with birth defects may need surgery or other medical treatments. But they can often lead full, happy lives if they receive the medical and other types of help they need.

Women who might have a baby should take extra care with their health to try to prevent birth defects. They should remember to avoid smoking and drinking, should eat a balanced, healthy diet, and take vitamins recommended by their doctor.



During the activities today, your mission is to find:

- 1) As many different job names as possible.
- 2) For the jobs that sound fun to you, find out if you would have to go to a special school to do those jobs.

turn the page



Diversity in the Workplace

What do you want to be when you grow up? Don't worry – you don't have to make up your mind yet! There are many options for you to choose from, whether you're a boy or girl.

Is this true all over the world? It is becoming more true as more and more women work outside the home. In some Middle Eastern countries, however, girls are still discouraged from going to school and working. In Russia, on the other hand, most doctors are women.

In many rural areas, traditional jobs for both men and women are slow to change. In Malawi, for example, farming is still a man's job, while making felt to cover yurts (tent-like homes) is a woman's job among the Turcoman of Iran.

There are many different job choices at NCEH and none of them are for men or women only. However, for many jobs, workers must go to special schools or do other jobs first.

Cruise Ship Inspection

Did you know NCEH is working with cruise ship companies to make vacations safe?

NCEH inspects cruise ships to make sure the passengers and crew don't get sick from spoiled food or dirty water. We search the whole ship for evidence of rats and bugs. We examine the kitchen to make sure the food is stored and prepared safely. We check the water to be certain it's fresh. We make sure the people who prepare and serve food know how to keep themselves and their work area clean.



Disabilities

If you were in a wheelchair or could not see, how would that change your daily life?

People with disabilities can have healthy and productive lives. We are studying ways to keep them from having health problems beyond their disabilities. We are also teaching doctors, nurses, and other health care people how to help people with disabilities cope with things in their environment that may keep them from living life to the fullest.



Environmental Word Scramble

Unscramble the words below. Write them in the spaces provided, one letter in each space. Once you've filled them all in, write down all the letters that have a star under them. Take these letters and unscramble them to make the last two words.

1. CRELCEY

* _ _ _ _ _ * _ _ _ _ _

2. AFILNLDL

_ _ _ _ _ _ _ _ _ _ * _ _ _ _

3. ROGWUNTREDA

_ _

4. THABIAT

* _ _ _ _ _ _ _ _ _ _ * _ _ _ _ _

5. ESTYOMECS

_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ * _ _ _ _ _

6. MALCHECI

_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ * _ _ _ _ _ * _ _ _ _

7. ZHRADA

* _ _ _ _ _ _ _ _ _ _ * _ _ _ _ _

8. COITX

_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ * _ _ _ _ _

Write letters from the starred spaces here:

Unscramble them to make the final words:

WE'RE TRYING TO BUILD A

_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

(Answers can be found on page 18.)

Crossword Puzzle

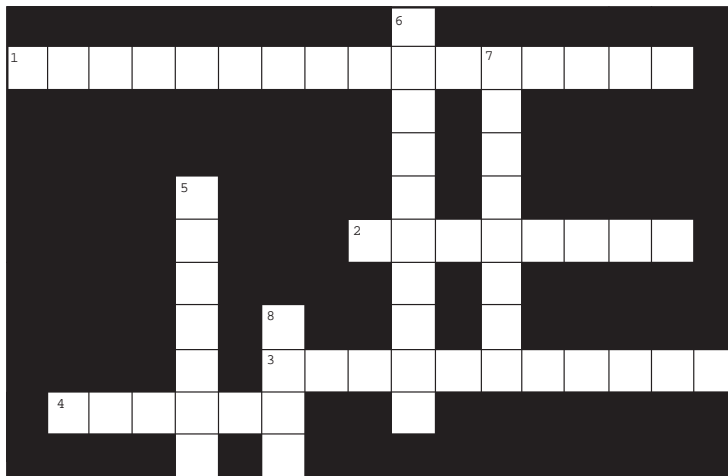
Use your booklet to figure out the answers to the clues below. Then fit your answers into the spaces of the crossword puzzle. Good luck!

Across

1. Machine that uses a speck of blood to tell us about poisonous chemical exposure. (Answer is two words.)
2. People who have to leave their homes and go quickly to other countries because they don't have enough to eat or because there is a war nearby.
3. Name for the place where you live, work, learn, and play.
4. This type of attack can be caused by polluted air, cigarette smoke, pets, insects, or mold.

Down

5. Feeling good inside and out; the opposite of "sick."
6. Type of boat that is inspected to make sure that the passengers and crew don't get sick. (Answer is two words.)
7. Type of bug that might carry diseases after a natural disaster.
8. Stuff that is found in peeling and flaking paint in old houses that causes serious learning problems.



(Answers can be found on page 17.)

Emergency Response

Did you know that more people are injured after a severe storm than during one?

NCEH has workers who go to sites of major emergencies and disasters such as floods, hurricanes, earthquakes, and volcanos. After these events, people may have many problems with their health. Our emergency response team works with the local and state public health officials to help figure out what problems may affect people's health. Some examples of health problems are injuries and illnesses. Illnesses can be caused by unsafe food and drinking water or disease-carrying mosquitoes.



Global Health

Did you know that NCEH worked with 82 different countries last year?

The environment belongs to everyone, and environmental problems can affect the health of every country. NCEH's scientists can learn from and teach scientists around the world about health problems that come from the environment. Some of our projects help children in many different countries, such as making sure they get enough vitamins to grow up healthy. We can also help other countries figure out what's making people sick. For example, Egypt asked for NCEH's help, and we discovered that people in one area were getting lead poisoning by eating grain that had lead in it. We want to work together to help people be healthier worldwide.



JJOHNSON

Word Search

NCEH works with scientists from many countries around the world. Can you find the names of these 12 countries in the word search box below?

- Argentina
- Australia
- Brazil
- Brunei
- Chile
- China
- India
- Italy
- Mexico
- Russia
- Rwanda
- Spain

B	R	K	S	P	R	W	L	A	V	N	N	P	O
E	N	T	A	A	U	P	N	Q	U	O	K	Y	C
W	H	D	R	T	L	I	Z	A	R	B	W	W	I
C	A	I	X	X	H	O	N	R	E	R	E	T	X
N	E	N	M	C	T	I	D	U	R	U	R	S	E
J	R	D	S	J	A	N	A	S	S	N	W	A	M
S	R	I	R	P	E	I	S	S	J	E	A	L	K
X	W	A	S	L	M	M	L	I	L	I	N	A	Y
A	R	G	E	N	T	I	N	A	M	C	D	L	H
B	C	M	C	G	L	L	J	M	R	D	A	O	H
S	N	H	E	E	D	A	Y	X	O	T	V	I	D
U	R	B	I	R	U	Q	H	C	I	A	S	T	W
G	E	N	T	L	I	Z	A	R	D	A	I	U	L
M	R	E	K	N	E	X	B	O	J	D	F	M	A

(Answers can be found on page 17.)

Activities



Laboratory Programs

Did you know that we can tell from your blood if you have had contact with dangerous chemicals?

The lab is where we study blood. Killer cells help to fight infections. NCEH has a machine that can tell us if people have enough killer cells to fight infections. NCEH also has a big machine that is called a mass spectrometer. From even a tiny speck of blood, it can tell us what poisonous environmental chemicals a person has been exposed to. It can also let us know if people are getting enough vitamins and minerals from the food they eat. These clues tell us if people are exposed to toxicants (bad things) in their environment and if they get enough nutrients (good things) to keep them healthy.



Lead Poisoning

Did you know that lead poisoning is invisible and 100% preventable?

We discovered that lead in gasoline caused children to have a lot of lead in their blood, and we know that even a tiny amount of lead can cause serious learning problems. So, the government decided to get rid of lead in gasoline. Today, we warn parents about the other sources of lead that can hurt kids. For example, many old houses have peeling and flaking leaded paint that kids sometimes eat.



Refugee Health

Why do you think refugees leave their homes?

In many countries of the world, families just like yours have to leave their homes and go quickly to other countries because they don't have enough to eat or because there is a war going on nearby. These people are called "refugees." Refugees usually don't have cars, so they have to walk many miles to look for safety. Because the refugees have no homes and no food, they often get sick and need help from other countries. At NCEH, we try to help by training doctors and nurses to take care of the refugees and find out how much food and medicine they need.

