

July 2024

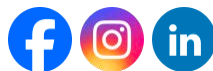


Hello IKE Supporter,

Summer is in full swing! At IKE Coalition, we've been working to improve our monthly newsletters and we could use your help. We invite you take a quick, [three-question survey](#) to help us understand our newsletter readers and what sort of environmental health news is most helpful to you.

Please take the survey below, then read on to make sure your yard is still considered safe from lead in the soil after EPA updated their guidelines.

Follow along on social media!



We Want to Hear from You!

Please take our quick survey to help us improve our monthly e-newsletters! Your input will help us send you the most relevant and engaging environmental health content.

**Click here to
answer 3 quick**

Lead

At Least One in Four US Residential Yards Exceed New EPA Lead Soil Level Guideline

EPA recently announced that they have [lowered the threshold of leaded](#) soil from 400 parts per million to 200 parts per million. This means that 1 in 4 households in the U.S. exceed the new limit. While this may sound scary, there are things residents can do to stay safe while playing or enjoying time in the yard.

Here are a few tips to avoiding lead in your soil:

- Cover bare areas with mulch, plantings, or other items. This protects you by creating a barrier between you or your child and the soil.
- Remove shoes when entering the home. Tracking dirt from the outside can increase levels of lead dust in the home.
- Used raised beds, when possible, for vegetable gardens and wash produce thoroughly. This will help you avoid accidentally consuming soil with lead in it.



Photo by Zoe Schaeffer/unsplash.

Asthma & Air Quality

Wildfires threaten air quality, complicating routines for asthmatic children

As wildfire smoke increasingly affects air quality, understanding how to protect our children becomes paramount. Checking the Air Quality Index (AQI) through reliable sources like [AirNow.gov](#) can provide a clear picture of when the air outside is unsafe.

On days when the AQI rises above 100, it's crucial to keep children indoors where air purifiers with HEPA filters can help maintain cleaner air. If going outside is necessary, fitting children with N95 or KN95 masks can shield them from harmful particles. Observing your child for any signs of respiratory distress is essential, especially for those with conditions like asthma.

For a deeper dive into safeguarding your family during wildfire season, [read more here](#).





Wildfire on fields by road. Image courtesy of U.S. Fish and Wildlife Services.

The IKE Coalition also offers a newsletter that discusses a broad range of environmental issues specific to Indiana. To sign-up, click [here](#).

Your thoughtful contributions support the work of the Hoosier Environmental Council. Please consider becoming a member with a gift of any amount today!

Donate Now



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