

ANSWERS TO ENVIRONMENTAL PUBLIC HEALTH QUIZ

1. **Answer: B. 1978.** In 1978, lead paint was banned for use in housing, so houses built before then may still contain some lead-based paint or dust. [NCEH](#) has worked with partners to educate communities about the risks of lead exposure in their homes or in the water supply. ATSDR investigates lead levels in soil and makes recommendations for cleanup and personal protective measures.
2. **Answer: D. None of the above.** If mercury spills, it can evaporate to become a poisonous vapor that can have dangerous health effects. The best way [to clean it up](#) involves cardboard, a piece of paper, and a plastic zipped bag. Brooms and vacuum cleaners can just spread mercury even farther. ATSDR works with EPA to protect people from the health effects of mercury spills. ATSDR and EPA also created a website to teach adults and children about the dangers of mercury: [Don't Mess with Mercury.org](#) . If you need assistance with a mercury spill, contact any regional Poison Control Center at 1-800-222-1222.

3. **Answer: E. All of the above.** Benzene, asbestos, and cadmium are all known carcinogens. ATSDR created the [Toxic Substance Portal](#) to provide both reader-friendly and detailed information on toxic substances. ATSDR also works with partners to investigate sites where people may come into contact with these and other harmful substances.
4. **Answer: D. A and B. The NCEH Division of Laboratory Sciences uses** biomonitoring to measure [biomarkers](#) (biological indicators of exposure) in people's blood or urine for exposure to environmental chemicals and nutrition indicators. Biomonitoring measurements can improve the detection, diagnosis, treatment and prevention of disease, injury, and harmful exposures in populations.
5. **Answer: C. Walking.** Walking is the most commonly reported form of physical activity, but it is not always safe. In fact, a growing proportion of roadway deaths involve pedestrians. [NCEH](#) supports design interventions to improve the transportation environment can both increase physical activity and help to improve safety. (Link to www.cdc.gov/healthyplaces)
6. **Answer: False.** Carbon monoxide (CO) is colorless and odorless, but it can be extremely harmful. CO is produced when wood and fossil fuels are incompletely burned. Fossil fuels include gasoline, propane and natural gas; for example, burning fuel in a badly tuned car or old furnace can produce CO. Inhaling CO can make you sick or even kill you. You can read more about CO on ATSDR's [Toxic Substances Portal](#). [NCEH and ATSDR](#) work to educate people about the danger of CO and prevent CO poisoning.


[NCEH](#) and [ATSDR](#) have excellent websites where you can learn more about these and a large variety of other environmental health topics. Enjoy the search!