



How are we exposed to chemicals?

We come in contact with many different chemicals every day that are non-toxic and normally do not cause health problems. But any chemical could become toxic if a person comes in contact with high enough doses. For example: Aspirin will cure a headache but too much aspirin becomes toxic and can cause serious health problems. You can get sick from contact with chemicals but getting sick will depend on the following:

- How much you were exposed to (dose).
- How long you were exposed (duration).
- How often you were exposed (frequency).
- General Health, Age, Lifestyle
Young children, the elderly and people with chronic (on-going) health problems are more at risk to chemical exposures.

Other factors that increase health risks are:

- Current health status (if you are ill or healthy).
- Lifestyle, age, and weight.
- Smoking, drinking alcohol, or taking certain medicines or drugs.
- Allergies to certain chemicals.
- Past chemical exposure.
- Working in an industry/factory that makes or uses chemicals.

What is a completed exposure pathway?

Chemicals must have a way to get into a person's body to cause health problems. This process of those chemicals getting into our bodies is called an exposure pathway. A completed exposure pathway includes all of the following 5 links between a chemical source and the people who are exposed to that chemical.

- (1) A Source of the chemical (where the chemical came from);
- (2) Environmental Transport (the way the chemical moves from the source to the public. This can take place through the soil, air, underground drinking water or surface water);
- (3) Point of Exposure (the place where there is physical contact with the chemical. This could be on-site as well as off-site);
- (4) A Route of Exposure (how people came into the physical contact with the chemical. This can take place by drinking, eating, breathing or touching it);
- (5) People Who Could be Exposed (people that live near a facility who are most likely to come into physical contact with the site-related chemical).

What are exposure routes?

There are three ways (routes) a person can come in contact with toxic chemicals. They include:

- Breathing (inhalation).
- Eating and drinking (ingestion).
- Skin contact (dermal contact).

Inhalation (breathing)

Chemicals can enter our body through the air we breathe. These chemicals can come in the form of dust, mist, or fumes. Some chemicals may stay in the lungs and damage lung cells. Other chemicals may pass through lung tissue, enter the bloodstream, and affect other parts of our body.

Ingestion (eating or drinking)

The body can absorb chemicals in the stomach from the foods we eat or the liquids we drink. Chemicals may also be in the dust or soil we swallow. These chemicals can enter our blood and affect other parts of our body.

Dermal (skin) Contact

Chemicals can enter our body through our skin. We can come in contact with water polluted by chemicals or touch polluted soil. Some chemicals pass through our skin and enter our bloodstream, affecting other parts of our body.

For more information contact:

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