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ST.LUME'S INTERNATIONAL UNIVERSITY

Information Site about Asbestos for Children and Parents

<http://plaza.umin.ac.jp/~FREAKIDS/english/index.html>

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FREA *Freedom From Asbestos*



Protect Children from Asbestos



日本語 English Tagalog 한국어 中文 ภาษาไทย Indonesia việt ngữ русский язык

～Information Site about Asbestos for Children and Parents.～

Have you ever heard of Asbestos?

Asbestos has very small natural mineral fibres. They can be many times thinner than a human hair.

Because Asbestos is resistant to fire it has been extensively used for building materials. When building materials are damaged or disturbed then Asbestos fibres are released into the air.

If Asbestos fibres are breathed in then they can cause diseases decades later. In Japan, much of the asbestos that was used in the past remains to this day.

Let's learn about Asbestos so that we can avoid breathing in its fibres.



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For Children



[What is Asbestos?](#)



[Where is Asbestos?](#)



[Dangerous Asbestos](#)



[What to do if I find Asbestos.](#)



[What happens if I inhale Asbestos?](#)

English version was edited by our friend, Michael Lees who lost his dearest wife, Gina by asbestos. She was a teacher of primary and nursery school in England. He is working hard to eliminate asbestos in schools.

Please see his website. <http://www.schoolasbestosaction.co.uk/default.htm>



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What is Asbestos?

Asbestos is a natural mineral fiber. The fibres are fireproof, light and can be far thinner than a human hair, often being invisible to the human eye.

Asbestos was widely used for building materials to protect critical parts of the building from fire.

Asbestos was sprayed onto timber frames or used in the construction of ceilings and walls.

Asbestos is Dangerous

Asbestos fibres are Toxic and produce cancer several decades after exposure.



Asbestos use is prohibited by law.

It is now forbidden to use Asbestos for new buildings.

Instead other less harmful materials are used in the construction of new buildings.

Does asbestos still exist anymore?

Yes, it does. Even though we stopped using Asbestos in new buildings, it still exists in old ones.

Large amounts of Asbestos fibres are released into the air when old buildings are demolished or renovated.



Where is Asbestos?



Click picture to see the photos



House

Behind the ceilings,
walls or sprayed
onto the timber
frames.

Click



Schools

Ceilings,
behind steps,
in the gym,
timber frames

Click



**Factory produced
products.**

Click



Multi-storey Parking

Timber frames,
behind ceilings

Click



Construction

**Demolition of
building**

Click

It is strictly forbidden to allow the release of Asbestos fibres from a building or construction site.

However, frequently you cannot see if a building contains Asbestos or not.

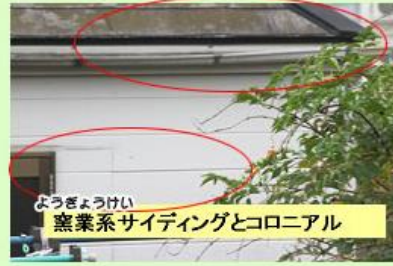
Therefore workers often damage the Asbestos as they are unaware that it is present.

It is advisable not to go near to an Asbestos Factory or construction site.

Ask your teacher about what Asbestos is in your School.



Ask your family about Asbestos in your home.



Ceiling, wall and floor asbestos



Schools



Factory produced products.



The roof contains asbestos



Demolition of building



Renovation of ceiling. Asbestos was exposed.

Dangerous sprayed asbestos





Dangerous Asbestos

There are several types of Asbestos. Some are mixed into the building materials and some are sprayed. Sprayed-Asbestos is extremely dangerous. It looks like cotton (see picture).

If you find something that looks like cotton in old building or construction site, then stay away from it.

If sprayed Asbestos is damaged large amounts of Asbestos fibres will be released into the air. Do not throw balls or anything else against sprayed asbestos.

Do not touch any dust on the floor. Asbestos that has been mixed into the building materials are difficult to identify.



Therefore do not play with building materials as they might contain asbestos.





What do I do if I find Asbestos?

Do not touch!

Inform an Adult so that they can ensure that others will not touch or inhale it.



Protect yourself from Asbestos

Keep away from renovation and construction sites.

Asbestos materials in buildings are not dangerous if they are in good condition and not likely to be disturbed. However, construction and renovation work will release large amounts of Asbestos fibres into the air.

Any construction or renovation should take place when the building is not occupied.

Be aware of the dangers from Earthquakes

An Earthquake can damage buildings and consequently release large amounts of asbestos fibres into the air.

- Try not to inhale the Dust.

Cover your mouth with a Wet Towel. It is advisable to be prepared and have masks ready that are suitable for Asbestos.

-

Be Alert for Asbestos while any reconstruction takes place

It is equally as dangerous during the reconstruction as it is during and after an earthquake.

After an earthquake, any badly damaged building might be demolished prior to reconstruction.

Demolition and the removal of the material from damaged buildings will also release large amounts of asbestos fibres.

Avoid any of the dust caused by the demolition, removal or reconstruction.



✦ What happens if I inhale Asbestos?

If Asbestos fibres are inhaled then decades later a person can develop Lung Cancer (tumor of the Lung) or Mesothelioma (tumor of the membrane around the lung)



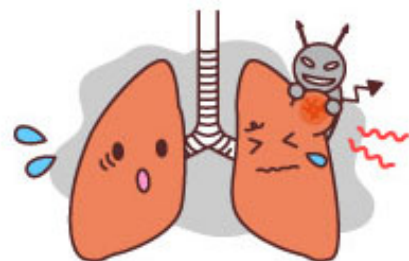
Presently there is no cure for Mesothelioma.

**Not everyone will develop
an asbestos related disease.**

Not all people who are exposed to Asbestos will develop a disease.

In order to develop a disease it is necessary to inhale certain amounts of Asbestos.

If you inhale a small amount of Asbestos in short time, then the risk is very small. Actually, most of the people who inhale Asbestos won't develop any disease. Even amongst workers who have been exposed to large amounts of Asbestos over a prolonged period, only some of them will develop an asbestos related disease.
Please do not worry too much.



It is advisable, if possible, to stay away from Asbestos materials, however that does not mean that a single fibre will be harmful.

You cannot see Asbestos fibres on an X-ray.

X-ray tests are only effective in identifying asbestos related disease decades after the exposure has taken place.
An X-ray will not show whether or not you have inhaled Asbestos fibres.

It is advisable to avoid having an X-ray as it cannot show whether you have been exposed to asbestos and it can in its own right have adverse side effects.




Diseases can occur decades after exposure.

It takes a long time for asbestos related disease to develop.
Most people have no signs or symptoms for at least the first 10 years after exposure.
Coughs or catarrh can be experienced during the period that asbestos fibres are being inhaled.

However once the exposure has finished then any Cough is likely to be caused by something else, such as dust.

Prevention of Asbestos related Diseases.

Try to avoid Asbestos materials

 See page "[What to do if I find Asbestos.](#)"

Do not smoke or inhale Tobacco smoke.

Tobacco causes thousands of Health problems.

When someone smokes and inhales Asbestos fibres then the risk of developing lung cancer increases considerably.

Avoid smoking.

Avoid Tobacco smoke.



If you are exposed to Asbestos

Materials containing Asbestos are everywhere in our lives. Perhaps Asbestos has been found in your school or your family works in an Asbestos related job.

Perhaps you or someone in your family has been exposed to Asbestos.

You might be concerned that you could develop an asbestos related disease.

It is quite normal and very natural to feel like that.

If you have been exposed to Asbestos fibres over a very short period of time then the risk of disease is very small. You can continue to have a normal life just as you had before.

However it is important that you try to avoid any further exposure.

If you are concerned about anything to do with Asbestos, why not to talk with someone?

Find someone to share your problem.



O1-A-14

Development and Usage Conditions of an Asbestos Information Site for Children and Parents

Keywords: Asbestos, Website, Children
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Introduction

Asbestos has been used widely as a building material, but unfortunately breathing asbestos can cause mesothelioma, lung cancer, and pulmonary asbestosis after a few decades. The WHO recognized asbestos as a carcinogen in 1972. They issued emergency recommendations for the protection of workers demolishing buildings following the 2008 Sichuan Earthquake¹. According to the WHO, the number of fatalities from asbestos exposure number 90,000 annually². In 2006 Japan became the first country in Asia to prohibit the use of asbestos, even so during the 40 year interval from 2000 to 2040 it is expected that 109,000 people will die of malignant pleural mesothelioma from asbestos already used³. In recent years the increase, regarding asbestos exposure, of adults and children has risen in Japan. Concern is related to the release of asbestos into the air during the 1995 Kobe Earthquake, the appearance of mesothelioma among the population living around asbestos plants, and damage caused by airborne asbestos at nurseries and schools. However, most available information regarding asbestos deals with exposure prevention methods and rules directed at workers, the compensation system for those with related illnesses, and specialized medical information. Little information for the general public exists. In particular, information for children and their parents is lacking in Japan as well as foreign countries. For this reason, I developed a web site for children and parents to increase awareness about asbestos exposure. This research sought to discover the use of the web site.

1. Purpose

This study aimed to analyze use of the Asbestos Information Site for Children and Parents by analyzing the access of records.

2. Method

Construction: The site was composed of three sections: (1) the top page (including related links and contact column), (2) a page for children (aimed at elementary school aged children and above), and (3) a page for parents.

Contents: Contents included explanations regarding what asbestos is, where asbestos is used, particularly dangerous types of asbestos, what to do if you find asbestos, the effects of asbestos on health, preparing

for earthquakes, and how to protect yourself from the negative effects of asbestos on health.

Characteristics: Efforts were made during the creation of the site to ensure (1) that contents were easy to understand, (2) that the information did not cause fear, and (3) that concrete measures to prevent exposure were explained. Furthermore, in order for the information to be used internationally, the page could be displayed in six languages: Japanese, English, Chinese, Korean, Tagalog, and Thai.

The Japanese test site was opened in November 2008, and all languages were made available from April 2009. Pages accessed were analyzed from April 2009 to March 2010 using the online site, <http://www.accessanalyzer.com>.

Ethical Consideration: As the site was open to the public anonymity and privacy was assured by not collecting any information that could identify any user.

Summary and characteristics of an asbestos information site for children and parents entitled 'FREIA' can be found at <http://plaza.umin.ac.jp>.

3. Results

Access Count (Table 1)

Table 1 No. of access

From April 2009 to March 2010 the site was accessed by 2,114 users, with 6,804 page views. The average number of visitors per month was 192.2.

Languages Area of Users:

Users accessed the site not only from Japan, but also from English-speaking nations (1588), China (269), Thailand (24), and Korea (23). In Japan, Tokyo was the area from which the most visits were recorded, followed by Kanagawa, Aichi, Saitama and Osaka in that order.

Search Terms: The combination of "asbestos and children", "illness", and "schools" was frequently used.

Viewed Contents (Table 2) The most frequently accessed page was the English-language children's page

Month	No. of Access	No. of Pages
Apr	173	641
May	168	650
Jun	159	667
Jul	208	715
Aug	Error	Error
Sep	149	574
Oct	Error	Error
Nov	226	707
Dec	171	522
Jan	224	660
Feb	202	588
Mar	222	568
Total	2114	8804

00000. "What happens if I inhale asbestos?" (Figure 1). This was followed by "What you worry about effect on health (Japanese language page for parents), "What happens if I inhale asbestos?" (Japanese language page for children), "Asbestos in nearby construction site" (Japanese language page for parents).

Table 2. Viewed Contents

Title of Page	Viewed Page	Viewed Page	Total Available
What happens if I inhale asbestos?	776	100000	100
What you worry about effect on health	306	100000	100
What happens if I inhale asbestos?	306	100000	100
Asbestos in nearby construction site	306	100000	100
Construction of Asbestos-related site	306	100000	100
Health problems caused by asbestos	306	100000	100
Asbestos in Japan	306	100000	100
Asbestos-related diseases	306	100000	100
What is asbestos?	306	100000	100
What to do if I see asbestos?	306	100000	100

4. Discussion

The monthly average of 185 accesses is thought to show a sufficient interest in easy-to-understand information about asbestos. From the fact that the page on the effects of asbestos on health were visited numerous times, it can be inferred that there are core needs present for those who are concerned about asbestos-related diseases. Many visits were made to the English and Chinese language sections, however it was not made clear whether the languages used were appropriate.

Limitations of the Research: This research analyzed only access to the site. Separate research is necessary targeting parents and children that used the site regarding user satisfaction and ease-of-use.

Suggestions for Future Research: While the information on the site can be easily accessed regardless of time and place, there are limitations in that confirmation is necessary regarding whether or not the information can be trusted. In addition, the seriousness of the information provided may not be adequately communicated to the reader. The site is appropriate for getting quick general information, but the information on the site cannot resolve complex or individual problems on its own. In order to respond to the various people here about asbestos, as well as to conduct exposure and disease prevention, the site needs to be connected to an appropriate specialist.

5. Conclusion

An asbestos information site for children and parents

was developed in six languages. Usage was analyzed using an online analysis of access. As a result, an average 185 hits per month were recorded. There were hits recorded from all six languages, not only on the Japanese page.

This investigation received monetary from Ministry of Education, Culture, Sports, Science and Technology Scientific Research Priority (2007-2010 Base (C) Type Number: 1890410).

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What happens if I inhale asbestos?

If asbestos fibers are inhaled from asbestos (after a person can breathe large amounts (more than 1mg) of asbestos) from a corner of the asbestos amount (10-100g). Presumably there is no need for medical care.

Asbestos-related diseases are not immediately apparent.

Asbestos-related diseases are not immediately apparent. It takes a long time to develop a disease. It is necessary to take early medical attention. If you inhale 100g of asbestos in 100 years, the amount of asbestos inhaled is 100g. If you inhale 100g of asbestos in 100 years, the amount of asbestos inhaled is 100g. If you inhale 100g of asbestos in 100 years, the amount of asbestos inhaled is 100g.

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