



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Pesticides



Did you know?

Millions of pounds of pesticides are used each year by homeowners, communities and industries like agriculture to control insects, weeds, rodents and fungus. They can drift across properties and be tracked into homes. Exposures during pregnancy and in childhood are of particular concern as potential health effects include impacts on brain development and childhood cancer.



Do

- ✓ **Buy organic foods** when possible. Wash or peel produce before eating it, especially if it's one of the "dirty dozen": Find out more at the Environmental Working Group's (EWG)'s [Shopper's Guide to Pesticides in Produce](#).™
- ✓ **Consider safer tick/flea control for pets:**
- ✓ **Clean your home** frequently:
 - ✓ **Use soap**, microfiber cloths/mops and a hepa filter vacuum;
 - ✓ **Minimize the use of sanitizers** and disinfectants. If you use them, choose one from the EPA [Safer Choice list](#).
- ✓ **Have doormats** at your entryways and take shoes off before entering the home.
- ✓ **If you work with pesticides**, change out of your work clothes at the worksite to avoid contaminating your vehicle and home. Wash work clothes in hot water separately from your family's.
- ✓ **For more information**, call the National Pesticide Information Center: 1-800 858-7378.



Don't

- ✗ **Don't use pesticides in your home** or on your lawn or garden unless absolutely necessary. Instead, use [integrated pest management \(IPM\) methods](#).
- ✗ **Don't leave out food** in unsealed containers (so you don't attract pests).
- ✗ **Avoid using pesticide sprays** or "bombs" anywhere. Instead, if necessary, use traps/baits or gels.
- ✗ **Don't leave pesticides** within the reach of children. Always store pesticides in locked cabinets.



For more information, scan the code or visit [wspehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards](https://www.spehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards)