



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Pesticides



Did you know?

Hundreds of millions of pounds of pesticides are used each year to reduce insects, rodents, weeds, and fungi. Many people use them in their homes. Some cities use them on public lands to control weeds or mosquitoes. And the farming industry uses them on their crops. But these pesticides don't always stay where they were applied. They can get into the air, water, or dust. They can then enter our homes, schools, and workplaces. Pesticide exposures during pregnancy, and in childhood, may increase the risk of health effects such as brain development issues and childhood cancer.



Do

- If you or your child feel sick after being exposed to pesticides, call your doctor or poison control 1-800-222-1222. In case of emergency call 911.
- Buy organic foods when possible. Wash or peel produce before eating it, *especially if it's one of the "dirty dozen"*
- 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:
 - Read and follow what is on the label such as target pest, amount used, etc.
 - Change out of work clothes at the worksite to avoid contaminating your vehicle and home.
 - Wash work clothes in hot water separately from your family's laundry.
 - Shower as soon as possible after work and/or wash hands as soon as you get home.
- For more information, [call the National Pesticide Information Center: 1-800 858-7378](#).



- 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 attract pests by leaving food out or in unsealed containers
- Don't use 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.
- Don't put pesticides in unlabeled containers



For more information, scan the code or visit: wspehsu.ucsf.edu/prescriptions-for-prevention

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