

Protect Yourself Against Pesticides!

1. Be careful when handling pesticides. They can make you sick, hurt your eyes, cause skin rashes, and even kill you.
2. Do not take pesticides home from work. They may not be safe or legal for home use.
3. If you apply or handle pesticides, be sure to wear the protective equipment required on the pesticide label.
4. Keep pesticides from getting into your body. Pesticide handlers and field workers, wash your hands before eating, drinking, smoking, or going to the bathroom.
5. If you are pregnant, talk to your doctor about pesticides and the risks to you and your baby.
6. If you are a mixer/loader, applicator, or laborer, wash your work clothes before wearing them again. Wash clothes separately from other family laundry.
7. At the end of every workday, shower or bathe with soap and water, shampoo your hair, and put on clean clothes.
8. Do not drink, swim, or bathe in irrigation water. Stay out of posted irrigated areas. There could be pesticides in irrigation water.
9. Do not put your hands in your mouth or rub your eyes when you have been in contact with pesticides in irrigation water.
10. Some pesticide may remain on fresh fruit and vegetables in the field. Wash fruit and vegetables before eating.
11. Keep your children and pets out of the fields where pesticides have been applied.
12. Use pesticides safely. Follow label directions.

Wear gloves and other protective equipment that is required on the pesticide label.



Contact Information

Department of Health
1-888-586-9427
Olympia 360-236-3360
Yakima 509-575-2056 or
509-576-3064

Poison Control Center
1-800-222-1222

TDD Relay Service
1-800-833-6388

Shower or bathe after you apply pesticides at work.



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P.O. Box 47825
Olympia, WA 98504-7825
<http://www.doh.wa.gov/ehp/ts/PEST.HTM>

For persons with disabilities, this document is available on request in other formats. Please call 1-800-525-0127 (TTY/TDD 1-800-833-6388)