Protect Yourself and Your Family from Pesticides

Pesticide Exposure Surveillance in Texas (PEST) includes exposure to the following:

• disinfectants
• rodenticides
• fumigants
• herbicides
• insecticides
• repellents
If you work with pesticides, follow these steps to protect yourself and your family:

- Always wash hands with soap and water after working with pesticides or handling treated plants.
- Wear clothes that cover your arms and legs when working with pesticides.
- Stay away from fields that have been sprayed; this is especially important for children and pregnant women!
- Take off boots and hat (if possible change clothes at the workplace) before entering your house.
- Wash work clothes (use hot water and lots of soap) after wearing them one time. Do not wash potentially contaminated work clothes with your family's other clothes.
- Read and follow the instructions on the labels of household pesticides and pesticides used for your work. Always keep poison away from children.
- If you have been around pesticides and feel sick, seek medical attention immediately and contact the poison hotline: 1-800-222-1222.

Pesticide Exposure Surveillance in Texas (PEST) Program
If you have questions about pesticide exposure call:
(512) 776-7269   (800) 588-1248   FAX (512) 776-7222
Website: http://www.dshs.state.tx.us/epitox/pest.shtm