Each year, poison control centers in the U.S. receive over 70,000 calls about pesticide exposure in children.

For more information about this research, kindly visit www.mothersandothersforcleanair.org
Pesticide use inside the home increases levels of Semi Volatile Organic Compounds (SVOCs) and Volatile Organic Compounds (VOCs) in indoor air. SVOCs and VOCs are environmental pollutants and are related to negative health effects.

Some pesticides can also release formaldehyde into the air. Formaldehyde can cause burning sensations in the eyes, nose, and throat; coughing; wheezing; nausea; and skin irritation.

**Formaldehyde** is known to cause cancer in animals, and growing evidence shows that it can cause cancer in humans too. It has been classified as a known human carcinogen since 2014.

Pesticides in and around the home are used to control or kill insects, termites, rodents, fungi, and microbes — but they can pose a serious threat to children if not properly controlled. The American Association of Poison Control Centers says that each year, about **80,000 children are involved in household pesticide exposure or poisoning medical visits**.
**WHY IS THIS IMPORTANT TO MY OR MY CHILD’S HEALTH?**

HAVING PESTICIDES IN THE HOME CAN CAUSE...

- Itchy or Burning Eyes
- Itchy Nose
- Scratchy or Burning Throat
- Headaches
- Dizziness
- Muscle Twitching
- Weakness
- Tingling Sensations
- Nausea

**Long Term Effects on the Central Nervous System**

**Long Term decline in Kidney Function**

**Cancer Risk**

- Pesticide exposure can be serious enough to require a trip to the doctor or emergency room.
WHAT TO DO IF YOU HAVE PESTS

- **Identify the pest problem.** It is important to know exactly what pest you have to determine the proper solution.

- **Contact your County Cooperative Extension Service**, local pesticide dealers, the National Pesticide Information Center (NPIC) at 1-800-858-378, or your state pesticide agency for assistance.

- **Decide how much pest control** is actually necessary and determine if someone in your home is particularly sensitive to certain chemicals.

- **Determine** which of the options below will be best for eliminating your pest problem.

- **Apply treatment**, making sure to follow all precautionary steps listed on the label. When using pesticides inside, ensure that there is proper ventilation. Open windows and doors when possible. Make sure that the pesticide does not touch any food preparation spaces, and ensure that all pots, pans, and foods are removed if using the pesticide in the kitchen.

- **Evaluate** the results of the treatment.
NON-CHEMICAL PEST CONTROL

Non-chemical pest controls have many advantages.

Primarily, they do not introduce dangerous chemicals into your home and the air you breathe.

Non-chemical pest controls also are usually more effective, and they work for a longer period of time.

Borax is an effective way to deal with certain types of pests and has a lower risk to your health if handled properly. It is a naturally occurring mineral you can use on cockroaches, silverfish, beetles and fleas. Borax can cause eye, hand or lung irritation if not handled properly. Wear gloves and use in a well ventilated space. Place borax where bugs hide like behind appliances and switchplates. Always place well out of reach of children.

NON-CHEMICAL PEST CONTROLS EXAMPLES:

- Hand Picking Lone Pests from House
- Using a Fly Swatter
- Using Pheromone Traps
- Using Other Non-Chemical Traps
CHEMICAL PEST CONTROLS: HOW TO DECIDE WHAT TO BUY

Do not buy chemical-based pesticides unless you have exhausted all other solutions for the pest. Chemical pesticides tend to only be a temporary solution. If used too frequently, the pests can build up a resistance to the chemicals. Chemical pesticides should only be used as a last resort. If you decide you still need to purchase pesticides, follow the label decoder below to select the safest possible pesticide.

This information was taken from the EPA.

- **Check the EPA Registration Number.** This number lets you know that the EPA has reviewed the product and decided it can be used relatively safely if label instructions are followed.

**Signal Words**

- **Caution:** Appears on pesticides which are the least harmful

- **Warning:** Moderately hazardous. More poisonous than the pesticides which say “caution”

- **Danger:** Poisonous, corrosive, or irritating to the skin or eyes

- **Check the Environmental Hazards statement** and buy the one which has the least toxic effects on wildlife, fish, wetland, water, or endangered species

Make sure you have any safety equipment (goggles, gloves, etc.) listed on the packaging of the pesticide.

Ensure that you can follow the storage and disposal guidelines listed on the label.
HOW TO PROPERLY STORE A PESTICIDE

Do not store a pesticide inside of the home (the garage, shed, or other isolated area is better). Store pesticides on shelves high enough so that they are out of reach of children. **Store far away from any ignition sources** such as a grill, gas, or a car. Never store near food or with medical or skin supplies. Purchase pesticides with child resistant packaging.

HOW TO DISPOSE OF A PESTICIDE

Check with your local solid waste agency, environmental agency, or health department to find out whether your community has a household hazardous waste collection program.

1-800-CLEANUP or [www.earth911.com](http://www.earth911.com) is another source for information about disposal and special waste collection programs in your local area.

If no community program or guidance exists, follow the label directions for disposal. Under federal law, it is legal to dispose of residential pesticides in the trash. However, state and local laws regarding pesticide disposal may be stricter than the federal requirements.
"Do not pour leftover pesticides down a sink, toilet, or street drain."

These pesticides will leak into the water supply and will be harmful to human health and the environment.

Never reuse a pesticide container. The residues left in these containers can be just as dangerous as the pesticide itself.

Do not recycle pesticide containers unless your community has a specific program for pesticide container recycling.