

Pesticides

Exposure to pesticides during pregnancy can affect the health and development of your baby. Most pesticide poisonings happen in and around the house. Avoid using pesticides during pregnancy, and in and around homes with infants and children.

Pesticides and your health

The way you come into contact (your skin, eyes, mouth or lungs) with a pesticide and how much contact you have, matters. Call the **Oregon Poison Center**, 1-800-222-1222, right away if you come into contact with a pesticide.

Pesticide use in the home

Pesticides do not solve the problem of why a pest is in your home in the first place. Get at the root of your pest problem by:

- Prevention
 - » Reduce clutter;
 - » Seal holes and cracks;
 - » Use weatherstripping and door sweeps;
 - » Wash dishes — keep counters and floors clean;
 - » Take out the garbage and use a lid.
- Inspection
 - » Find out what pests you have. Oregon State University Extension Service (OSU) can help.
 - » Look for places pests may find food, water and shelter.
- Control
 - » Use sticky traps where you think pests might be.
 - » Vacuum and wash up pests and their scent trails with soap and water.

- » Use enclosed bait stations.
- » As a last resort, choose the least toxic pesticide. Look for these words:
 - “Keep out of reach of children”;
 - “Caution” = least toxic;
 - “Warning” = mid-level;
 - “Danger” = most toxic.
- Pesticides in cleaning products
 - » Instead of using antimicrobial pesticides, such as disinfectants and sterilizers, consider using these less harsh options instead:
 - Soap and water;
 - Baking soda;
 - Vinegar.

For more information

Pesticide Exposure, Safety and Tracking (PEST) Program

www.healthoregon.org/pesticide
971-673-0400

National Pesticide Information Center

www.npic.orst.edu
1-800-858-7378

Oregon State University Extension Service (OSU)

<http://extension.oregonstate.edu/locations.php>
541-737-2713