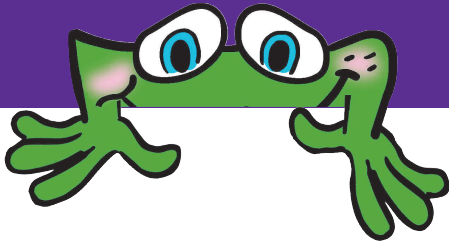


LOOK LOOK LOOK



WHAT ARE THEY? Pesticides are chemicals used to kill unwanted plants, insects and animals. Many pesticides are “chemical cousins” of highly toxic materials originally developed as “weapons of war”. Common pesticides include: weed killers, lawn and garden pest control products, household insect killers, outdoor wasp killers, “bug bombs” and pet flea and tick killers.

WHY SHOULD I CARE?

Pesticides have been linked to different cancers including **childhood cancer and non-hodgkins lymphoma**, as well as **endocrine disruption, nerve toxicity, reproductive effects and birth defects**.

Common (organophosphate) pesticides are also associated with smaller head size in infants, **indicating damage to the developing brain in pregnancy**. Farmers and golf course superintendents (groups heavily exposed to pesticides) have **higher rates of some types of cancers** as well. And, pesticides account for **thousands of fatal poisonings** annually.

WHERE ARE THEY?

Pesticides are used both indoors and outdoors. The wide-spread use of pesticides for **roach and other insect control in homes, schools, offices, apartment buildings, and restaurants** continues.

Around the home and in our communities, **many still use pesticides for lawn and garden care, weed control and as flea and tick control on pets**.

Most fruits and vegetables we consume have been treated with pesticides. Pesticides are also used in the production of most meats, dairy products and grains. Only the foods labeled “certified organic” are pesticide-free.

WHAT YOU CAN DO: MINIMIZE EXPOSURE. REDUCE RISK.

- **Don't treat your lawn with chemical pesticides** and don't allow children or pets to play on pesticide-treated lawns. Close windows and doors and wash outdoor furniture after any neighborhood spray.
- **Learn about and use the least toxic, natural methods of pest control** for your home and garden (Integrated Pest Management or IPM). Certain bugs are actually GOOD for your garden!
- **Remove shoes before coming indoors** to avoid tracking pesticide residue onto floors and carpets.
- **Prevent childhood poisonings** - clean out storage areas in the home, shed and garage. Safe discard unwanted pesticides and chemicals at an approved toxic waste disposal facility.
- **Wash hands thoroughly** after gardening or playing outside.
- **Choose certified organic produce:** look for labels with five-digit long PLU codes beginning with #9 (organic). When possible, avoid PLU codes starting with #4 (pesticide-treated). Wash all fruits and vegetables before eating.
- **Choose certified organic meats, grains and dairy products.**

