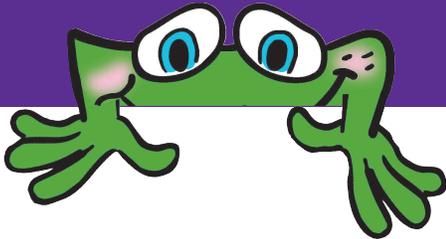


## LOOK LOOK LOOK



**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.**

