



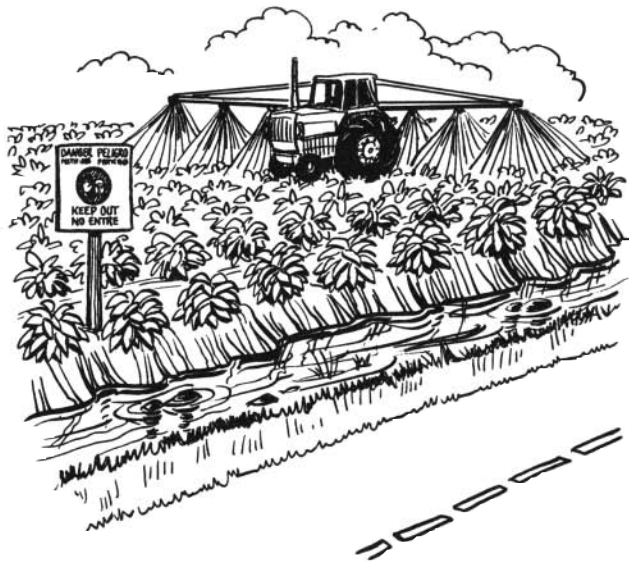
Steps to Protect Yourself from Pesticides (Spanish)

Pasos a seguir para protegerse de los pesticidas



At work, pesticides can be on plants and in soil and irrigation water.

En el trabajo, los pesticidas pueden estar en las plantas, el suelo y el agua de riego.



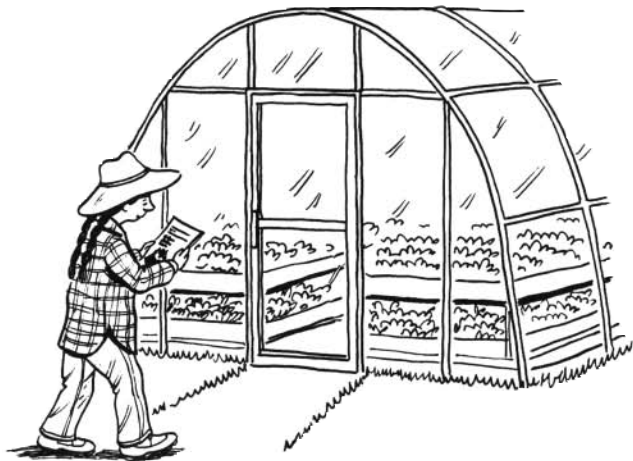
Pesticides may drift from nearby applications.

El viento puede arrastrar los pesticidas desde el sitio de aplicación hasta los lugares cercanos.



6 steps to protect yourself
from pesticides.

6 pasos a seguir para
protegerse de los pesticidas.



- 1 Follow directions and obey signs. Stay out of restricted areas.

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- 1 Siga las direcciones y obedezca los letreros. No entre en las áreas restringidas.



- 2 Wash your hands and face before you eat, drink, chew gum or tobacco. And...



- 2 Lávese las manos y la cara antes de comer, beber, masticar chicle o tabaco. Y...



Wash your hands **before** you use the toilet.

Lávese las manos **antes de** usar el inodoro (excusado).



- 3 Wear work clothes that protect your body from pesticides.

hat or scarf
sombrero o bufanda

long-sleeved shirt
camisa de manga larga



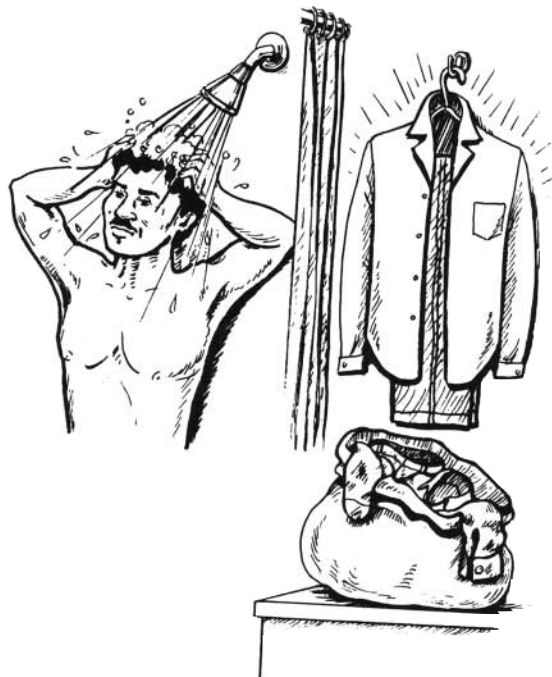
- 3 Use ropa de trabajo que lo proteja de los pesticidas.

shoes and socks
zapatos y medias

long pants
pantalón largo

- 4 After work, shower or wash your body with soap and water, and shampoo your hair. Then put on clean clothes.

- 4 Después del trabajo, báñese o lávese el cuerpo con agua y jabón, y lávese el pelo con champú. Luego, póngase ropa limpia.



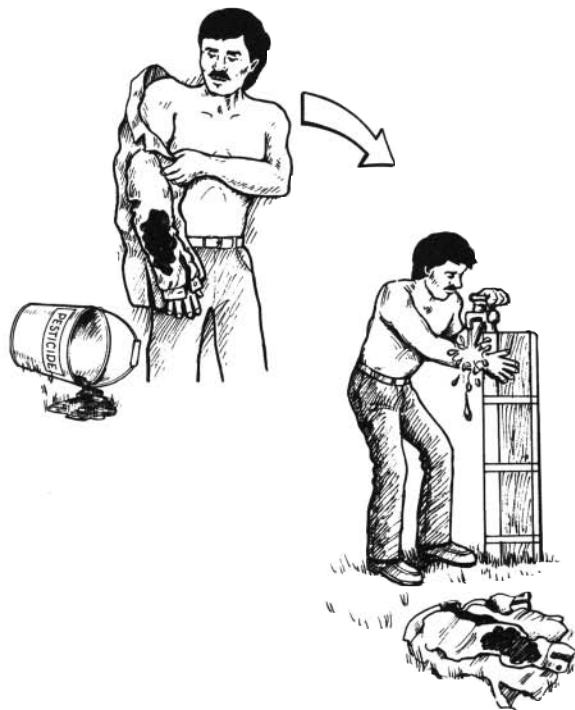
- 5 Wash your work clothes separately from other clothes before wearing them again.

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- 5 Lave la ropa de trabajo separada de la otra ropa antes de ponérsela nuevamente.



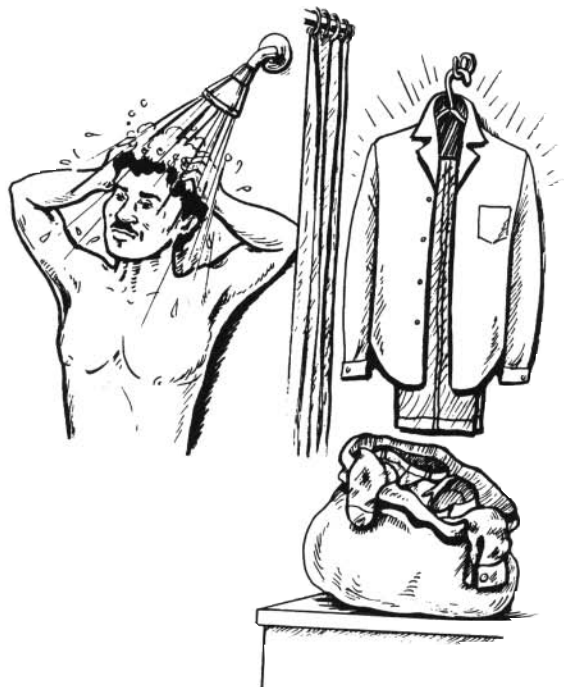
- 6 If a pesticide is spilled or sprayed on you, wash it off right away with clean water.

- 6 Si se le derrama o si le salpica el pesticida, lávese inmediatamente con agua limpia.



Shower or wash yourself with soap and water, shampoo your hair, and put on clean clothes as soon as possible.

Báñese o lávese con agua y jabón, lávese el pelo con champú, y póngase ropa limpia tan pronto como le sea posible.



Within **5 days** more training in pesticide safety will be given to you.

Dentro de **5 días** recibirá más capacitación tocante a la seguridad con los pesticidas.



For more information, contact the State Lead Agency in your area or the EPA Regional Office nearest you.

Para mayor información, comuníquese con la Agencia Estatal Encargada en su área o con la Oficina Regional de la EPA más cercana a usted.

Region 1 (MA, CT, RI, NH, VT, ME)

U.S. Environmental Protection Agency, Region 1
Pesticides and Toxic Substances Branch (APT)
1 Congress St.
Boston, MA 02203 (617) 565-3273

Region 2 (NY, NJ, PR, VI)

U.S. Environmental Protection Agency, Region 2
Pesticides and Toxic Substances Branch
(MS-105)
2890 Woodbridge Ave., Building #10
Edison, NJ 08837-3679 (908) 321-6765

Region 3 (PA, MD, VA, WV, DE)

U.S. Environmental Protection Agency, Region 3
Toxics and Pesticides Branch (3AT-30)
841 Chestnut Building
Philadelphia, PA 19107 (215) 597-8598

Region 4 (GA, NC, SC, AL, MS, KY, FL, TN)

U.S. Environmental Protection Agency, Region 4
Pesticides and Toxic Substances Branch
(4-APT-MD)
345 Courtland St., N.E.
Atlanta, GA 30365 (404) 347-5201

Region 5 (IL, MI, MN, IN, OH, WI)

U.S. Environmental Protection Agency, Region 5
Pesticides and Toxic Substances Branch (5SPT)
77 W. Jackson Blvd.
Chicago, IL 60604 (312) 886-6006

Region 6 (TX, OK, AR, LA, NM)

U.S. Environmental Protection Agency, Region 6
Pesticides and Toxics Branch (6T-P)
1445 Ross Ave.
Dallas, TX 75202-2733 (214) 655-7235

Region 7 (MO, KS, IA, NB)

U.S. Environmental Protection Agency, Region 7
Toxics and Pesticides Branch (TOPE)
726 Minnesota Ave.
Kansas City, KS 66101 (913) 551-7020

EPA Regional Offices continued on back

EPA Regional Offices/continued

Region 8 (CO, MT, ND, SD, UT, WY)

U.S. Environmental Protection Agency, Region 8
Toxic Substances Branch (8ART-TS)
One Denver Place, Suite 500
999 18th St.
Denver, CO 80202-2405 (303) 293-1730

Region 9 (CA, NV, AZ, HI, GU)

U.S. Environmental Protection Agency, Region 9
Pesticides and Toxics Branch (A-4)
75 Hawthorne St.
San Francisco, CA 94105 (415) 744-1090

Region 10 (WA, OR, ID, AK)

U.S. Environmental Protection Agency, Region 10
Pesticides and Toxic Substances Branch (AT-083)
1200 Sixth Ave.
Seattle, WA 98101 (206) 553-1091