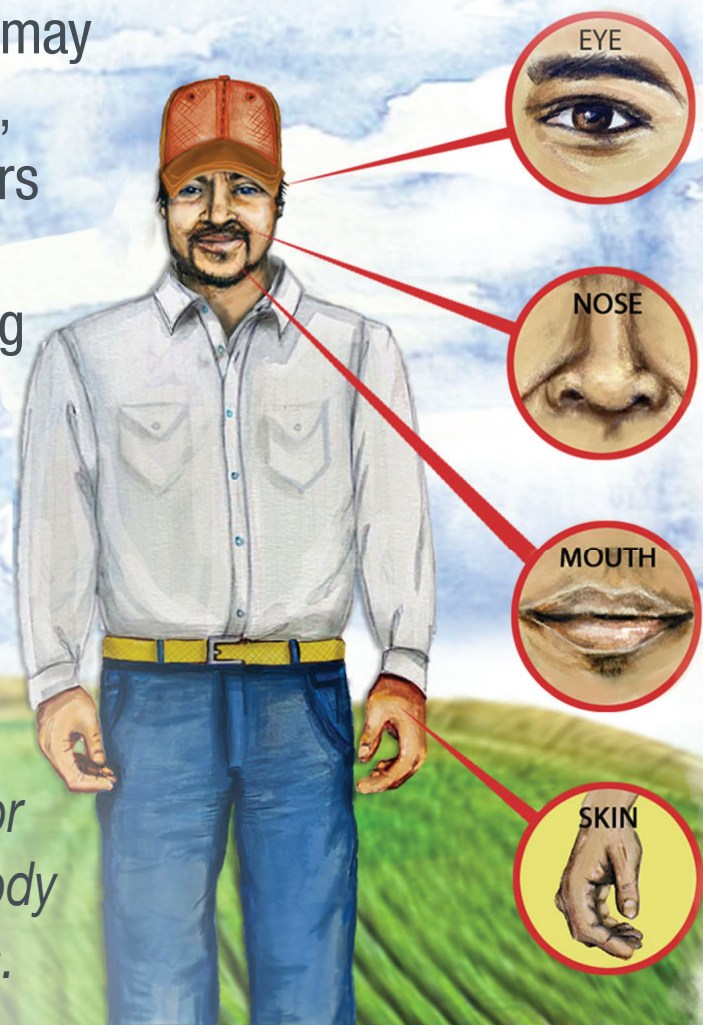


# PROTECT YOURSELF FROM PESTICIDES

## 1 AVOID...

- Getting pesticides on your skin or in your body.
- Pesticide residue that may be in or on plants, soil, irrigation water, tractors and other equipment, and used work clothing or gear (PPE).
- Pesticide drifting from nearby applications.

*Wear long-sleeved shirts, long pants, shoes, socks, and hat or scarf to protect your body from pesticide residues.*



## 2 STAY OUT...

- Of treated areas when told, whenever you see signs displayed, and when a pesticide application is taking place (application exclusion zone).



## 3 WASH...

- Your hands immediately before you eat, drink, smoke, chew gum or tobacco, and before using the toilet or your phone.
- Your body and hair thoroughly with water, soap, and shampoo, and put on clean clothes after work.
- Your work clothes after each use. Keep separate from non-work clothing.



## 4 TAKE ACTION...

- If pesticides are spilled or sprayed on your body, wash immediately. Water, soap and towels must be provided nearby (decontamination supplies). If not nearby, rinse in clean water from springs, streams or lakes.
- Wash your body and hair with water, soap and shampoo as soon as possible and put on clean clothes.



**Get medical help as soon as possible if you think pesticides caused an injury, illness or poisoning.**

### IN AN EMERGENCY:



**Get medical help nearby:**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_



**If you need an ambulance, tell them:**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_

### QUESTIONS OR CONCERNS:



**Call the State or Tribal Pesticide Regulatory Agency:**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_

For medical treatment information, call the Poison Control Center:  
**1.800.222.1222**



Questions about pesticides? Call:  
**1.800.858.7378**  
 (National Pesticide Information Center)