

HEALTHY KIDS
Pesticides
INFORMATION

Why did we measure pesticides in kids?

There are many types of pesticides that can be used in agriculture, or in and around the home for pest control. Some pesticides may harm the nervous system, interfere with the body's natural hormone levels or increase cancer risk. Infants and children are often more sensitive to the harmful effects of pesticides than adults.

Healthy Kids measured 5 types: **organophosphates including chlorpyrifos and malathion; 2, 4-D; pyrethroids including permethrin; mancozeb and carbaryl.**

How do kids come in contact with the pesticides tested for in Healthy Kids? How can you protect them?

HOW: Breathing or touching pesticides used to treat pests inside

WHAT YOU CAN DO:

Make your home less welcoming to pests by taking the following steps:

- Reduce clutter, keep a tight lid on trash cans and empty often, clean up food spills quickly, and store food in sealed containers.
- Seal holes and cracks where pests can enter the building.
- Weather-strip windows and doors. Check foundation for cracks and gaps.
- Fix plumbing leaks and wet basements. Remove standing water.

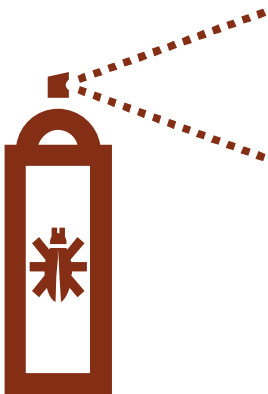
▪ If you need to use a pest control product:

- Always read and follow instructions on the product label.
- Try less toxic options first: <https://bit.ly/2TXNuS5>
- Choose baits and gels. They are more contained than sprays. Place baits and gels where your child or pet cannot touch them.
- Ensure good ventilation if you use a spray.
- Keep your child, pet, toys, sippy cups, clothes, etc. away from treated area.
- If the pest problem is severe, consider hiring a certified applicator.

▪ Always store pesticides in their original containers out of your child's reach: <https://bit.ly/2RxBbPv>

▪ If you rent, ask your landlord to notify you before pesticides are used in your home or common areas.

▪ See also, Minnesota Department of Agriculture's Pesticide Safety Guide for Homeowners: <https://bit.ly/3obz0Qo>

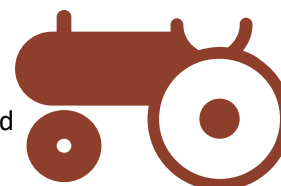


HOW: Breathing or touching pesticides used to treat lawns and weeds**WHAT YOU CAN DO:**

- Follow these tips for a healthy lawn without pesticides: <https://bit.ly/2T25wCA>
- If you must apply pesticides: <https://bit.ly/2DgULH9>
 - Always read and follow instructions on the product label.
 - Make sure your child and pet are not around while applying.
 - Keep your child and pet out of the treated area for the time listed on the label
 - Take shoes and any contaminated clothing off before entering the house after applying.
- Always store pesticides in their original containers out of your child's reach.

**HOW: Breathing or touching pesticide drift from farms or neighboring properties****WHAT YOU CAN DO:**

- Keep your child and pet indoors with windows closed if you know pesticides are being sprayed nearby.
- If you think your child came in contact with pesticide drift, follow these steps: <https://bit.ly/2VfLTHY>
 - Get them away from the pesticide.
 - Call the Minnesota Poison Control System 24/7 at (800)222-1222 or a doctor to determine if they need medical attention.
 - Remove clothes, hats and shoes as soon as possible, and store in an air tight container without washing.
 - Wash parts of the body that contacted pesticides with soap and water. Rinse eyes if they have eye irritation.
 - Report the incident to Minnesota Department of Agriculture: 651-201-6333. Pesticide drift is against Minnesota law.

**HOW: Contacting pesticides on parents' work clothes and shoes****WHAT YOU CAN DO:**

- Change into clean clothes and take work shoes off before entering your home and the family car. Shower before touching your child.
- Wash work clothes separately from other clothes: <https://bit.ly/2W2NQse>
- Do not bring pesticide containers or pesticides from work into your home.

HOW: Eating pesticide residues on foods**WHAT YOU CAN DO:**

- It is a good idea to wash fruits and vegetables before eating. The U.S. government tests many foods for pesticide residues and finds nearly all residue levels are below federal standards: <https://bit.ly/2TZEUSX>
- If you want to reduce pesticide residues from foods, a non-profit lists fruits and vegetables with the most and least residues: <https://bit.ly/2HaLLpU>, <https://bit.ly/2GQIZT4>. Some studies found lower levels of some pesticides in children's urine when they ate organic instead of conventional foods.

