

A man wearing a white protective suit and a respirator mask is using a white spray bottle with a green nozzle to spray a wooden kitchen cabinet. The background shows a kitchen with wooden cabinets and a stainless steel oven.

MOTHERS & OTHERS FOR CLEAN AIR

HEALTHY INDOOR BREATHING TOOLKIT

PESTICIDES

For more information about this research, visit
WWW.MOTHERSANDOTHERSFORCLEANAIR.ORG

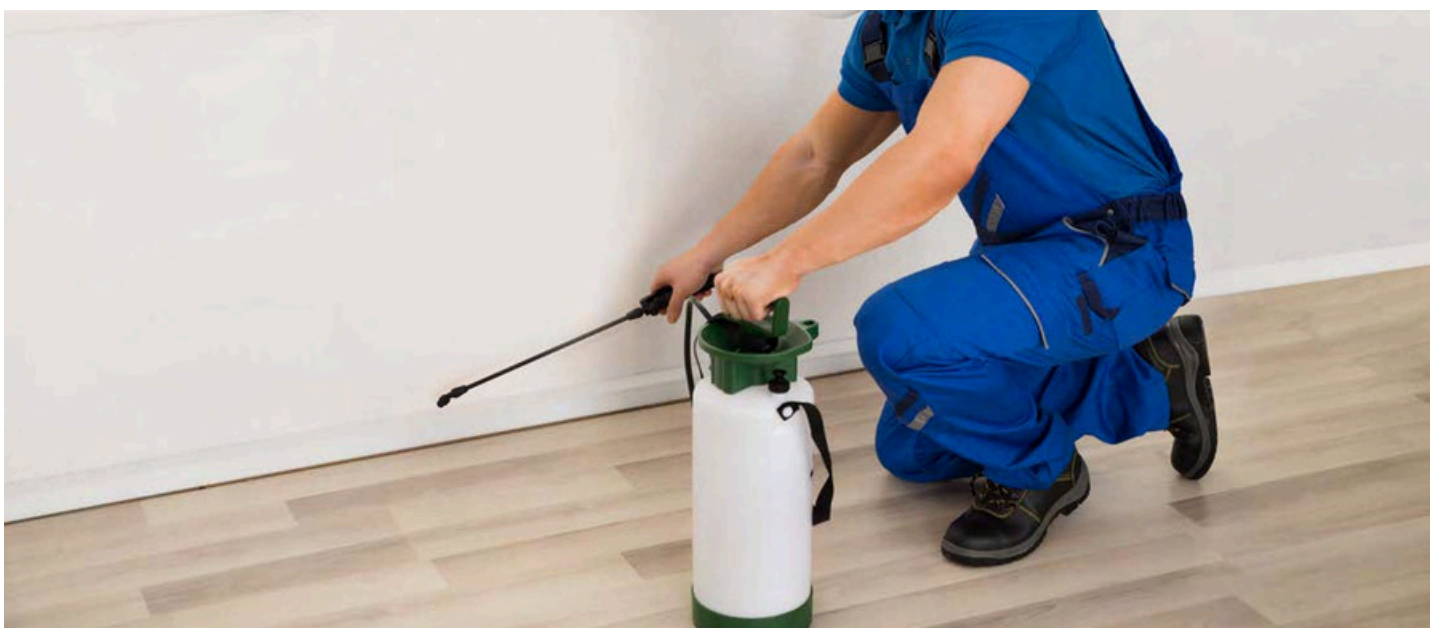
THE PROBLEM

Using pesticides indoors increases levels of harmful pollutants, including Semi-Volatile Organic Compounds (SVOCs) and Volatile Organic Compounds (VOCs), which are linked to negative health effects.

Some pesticides also release formaldehyde, a known human carcinogen. Formaldehyde exposure can cause eye, nose, and throat irritation, coughing, wheezing, nausea, and skin irritation, with growing evidence of its cancer risks in humans.



Household pesticides help control pests but can be dangerous to children if not properly managed. Each year, about 80,000 children require medical attention due to pesticide exposure or poisoning, according to the American Association of Poison Control Centers.



WHY IS THIS IMPORTANT

03

TO MY OR MY CHILD'S HEALTH?

HAVING PESTICIDES IN THE HOME CAN CAUSE...

- Itchy or Burning Eyes
- Itchy Nose
- Scratchy or Burning Throat
- Headaches
- Dizziness
- Muscle Twitching
- Weakness
- Tingling Sensations
- Nausea



Itchy Eyes

- Long Term Effects on the Central Nervous System
- Long Term decline in Kidney Function
- Cancer Risk
- Pesticide exposure can be serious enough to require a trip to the doctor or emergency room.



Cancer

WHAT TO DO IF

YOU HAVE PESTS

04



Identify the specific pest to ensure the appropriate solution is used.



For assistance, contact your County Cooperative Extension Service, local pesticide dealers, NPIC (1-800-858-7378), or your state pesticide agency.



Assess the needed level of pest control and consider any household members sensitive to chemicals.



Determine which of the options below will be best for eliminating your pest problem.



Follow label precautions when applying pesticides. Ensure proper ventilation, keep pesticides away from food areas, and remove pots, pans, and food if treating the kitchen.



Evaluate the results of the treatment.



PEST CONTROL

Non-chemical pest control is safer, does not introduce harmful chemicals into the air, and is often more effective long-term.

Borax, a naturally occurring mineral, is useful for controlling pests like cockroaches, silverfish, beetles, and fleas with a lower health risk if handled properly. However, it can cause eye, skin, and lung irritation.

Always wear gloves, use it in a well-ventilated area, and place it in hidden spots like behind appliances and switchplates. Keep it out of children's reach.

NON-CHEMICAL PEST CONTROLS EXAMPLES:



Hand picking lone pests from the house



Using a fly swatter



Using pheromone traps



Using other non-chemical traps



HOW TO DECIDE WHAT TO BUY

Use chemical pesticides only as a last resort, as they provide temporary solutions and pests can develop resistance.

If needed, choose the safest option by following EPA guidelines.



Check the EPA Registration Number. This number lets you know that the EPA has reviewed the product and decided it can be used relatively safely if label instructions are followed.

Signal Words:

Caution: Appears on pesticides which are the least harmful

Warning: Moderately hazardous. More poisonous than the pesticides which say "caution"

Danger: Poisonous, corrosive, or irritating to the skin or eyes



Check the Environmental Hazards statement and buy the one which has the least toxic effects on wildlife, fish, wetland, water, or endangered species.

Make sure you have any safety equipment (goggles, gloves, etc.) listed on the packaging of the pesticide.

Ensure that you can follow the storage and disposal guidelines listed on the label.

HOW TO PROPERLY

STORE A PESTICIDE

Store pesticides in a secure, isolated area away from children, ignition sources, food, and medical supplies.

Choose products with child-resistant packaging.



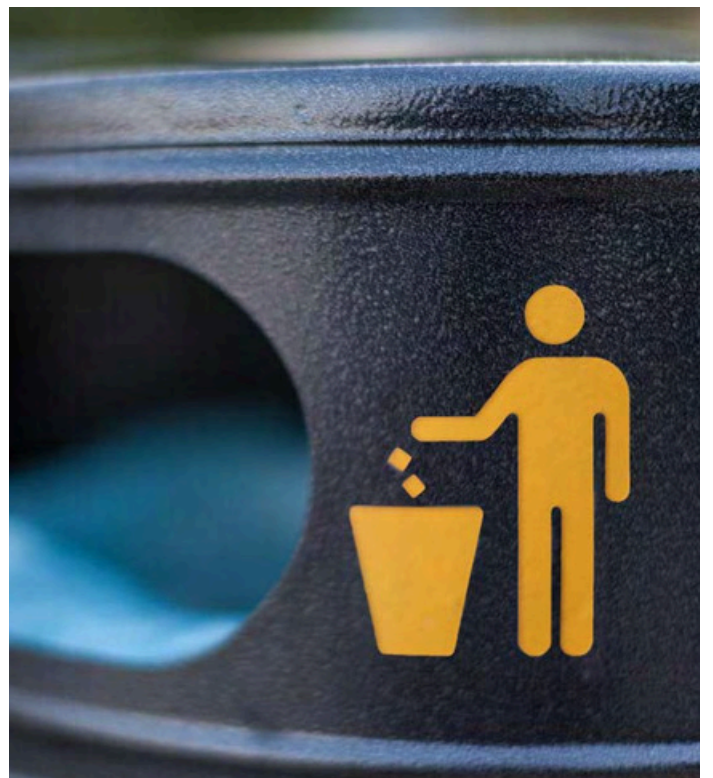
HOW TO DISPOSE OF A PESTICIDE

Check with your local solid waste agency, environmental agency, or health department to find out whether your community has a household hazardous waste collection program.

1-800-CLEANUP or www.earth911.com is another source for information about disposal and special waste collection programs in your local area.

If no community program or guidance exists, follow the label directions for disposal. Under federal law, it is legal to dispose of residential pesticides in the trash.

However, state and local laws regarding pesticide disposal may be stricter than the federal requirements.



“Do not pour leftover pesticides down a sink, toilet, or street drain.”



These pesticides will leak into the water supply and will be harmful to human health and the environment.

Never reuse a pesticide container. The residues left in these containers can be just as dangerous as the pesticide itself.

Do not recycle pesticide containers unless your community has a specific program for pesticide container recycling.



[1] [Citizen's Guide to Pest Control and Pesticide Safety](#).