




## PESTICIDES AND YOUR HEALTH

Did you know that the products that you use to get rid of rodents, fleas and ticks are pesticides? Pesticides use toxic chemicals to prevent, destroy or repel pests. But toxic chemicals can also harm you, your family and your pets.

**PESTICIDES ARE POISONS:**  They can seriously damage your skin, eyes, brain, lungs, and other organs if you breathe, swallow, or touch large enough quantities. Your children are especially vulnerable because pesticides have been linked to birth defects, leukemia, and cancer.

### SAFETY TIPS:

- ✓Store and use pesticides (and other toxic chemicals) away from children.
- ✓Put food and trash away in closed containers so they don't attract pests.
- ✓Never mix pesticides.
- ✓Read product labels and follow directions.
- ✓Never put pesticides in other containers that kids can mistake for food or drink.



### LESS TOXIC ALTERNATIVES

**FLEAS and TICKS:** Keep a low-toxic herbal flea collar on your pet. Use flea soap or a citrus extract product

**MICE and RATS:** Use a sticky trap or a large hungry cat.

**ROACHES:** Sprinkle a Boric Acid product under appliances and in nooks and crannies in affected areas. Sprinkles silica dust in cracks.

**NOTE:** Use these products out of the reach of children.



SPIN/TESH is a collaborative project of the Regional Environmental Council (REC), UMassMemorial Health Care, and The Toxic Use Reduction Institute (TURI)



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