



Pesticides Matter

Reduce your exposure to toxic pesticides and protect your health and the health of your family

A Publication of the University of California, San Francisco
Program on Reproductive Health and the Environment
From Advancing Science to Ensuring Prevention (FASTEP)



FASTEP is an alliance of academic, governmental and non-governmental partners spanning the fields of reproductive, environmental, occupational and pediatric health and toxicology. Our goal is to secure each and everyone's right to optimal reproductive health by fostering environments that prevent exposure to toxic substances and support healthy pregnancies, children, adults and future generations.



This organic farm grows food without the use of toxic pesticides.

Magee-Womens Hospital of UPMC



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Cover photo: Riverdog Farm, Guinda, California, by Trini Campbell - riverdogfarm.com

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Pesticide application in a conventional (not organic) farm.



Prevent Exposure at Work

If you work with pesticides, protect yourself.

- Do not enter areas that have been recently treated.
- Keep pesticides off your skin. Wear long-sleeve shirts and pants for protection.
- Use respiratory protection when required.
- Do not bring food into treated areas.
- Wash hands before eating, drinking and smoking.
- Do not use water in drainage ditches for drinking, bathing, swimming or fishing.

For more information about protecting yourself at work, see:

<http://www.AntiPesticidesAtWork>

- **On your pets:** Do not use chemical tick-and-flea collars, baths or “dips.” Do not use “flea bombs” in the home. Wash pets and their bedding frequently.

Fight pests with alternative methods.

- Check our online resource page for links to lots of pest-specific alternatives.

If you decide to use pesticides:

- Avoid sprays, dusts and pest strips.
- Keep all pesticides out of the reach of children.
- Avoid “preventive” scheduled pesticide applications.
- Use only licensed professionals.

For more information on safer alternatives to pesticides, see:

<http://tiny.ucsf.edu/AntiPesticidesAtHome>

If you work with pesticides, don't bring them home

- Remove work shoes before entering the home.
- Change clothes and shower if possible before entering the house or playing with children.
- Store and wash work clothes separately from family clothes.
- Never take pesticide containers home.
- Keep pesticides out of the home.



- If you cannot afford to buy organic, try to avoid the most pesticide-contaminated fruits and vegetables and choose the least contaminated. To tell them apart, visit our online resources page.
- Wash all fruits and vegetables, even organic ones.
- Always peel non-organic fruits and vegetables.
- Many pesticides and other toxic substances accumulate in animal fat. Limit foods that are high in animal fat, like meat and dairy. When you buy these products, choose organic.

Avoid pesticides in food

- Eat local organic food whenever possible: Buy organic at the store or at local farmers' markets.
- Use your WIC and SNAP/CalFresh EBT card to buy organic food at local farmers' markets. Some markets will double your food stamps through Market Match!
- Join a local Community Supported Agriculture (CSA) system to receive a weekly box of organic produce.
- Grow your own organic food in your yard or a community garden. Be sure to test the soil for lead first.

For more information, visit our resources page:
<http://tiny.ucsf.edu/AntiPesticidesInFood>



Sample organic CSA weekly box.