Protect Yourself from Pesticides

**IN AN EMERGENCY:**

Get medical help nearby.

Name: ____________________________

Address: __________________________

Phone number: ______________________

If you need an ambulance, tell them where you are.

Facility name: _____________________

Facility location: ____________________

If you have questions or concerns, call the pesticide regulatory agency.

Name of state/tribal pesticide regulatory agency: __________________________

Address: __________________________

Phone number: ______________________

**FOR MEDICAL TREATMENT INFORMATION, CALL THE POISON CONTROL CENTER:**

1-800-222-1222

**Protect your body from pesticide residue. Wear long-sleeved shirts and long pants when working. Also, wear shoes, socks, and a hat or scarf.**

**Avoid getting pesticides on your skin or in your body. Pesticides can be in many places. They can be on plants, in plants, in soil, and in irrigation water. Pesticides can drift in the air from nearby applications. They can also be on tractors and other equipment. Pesticides can also be found on used goggles, gloves, boots, and other personal protective equipment.**

**Stay out of treated areas when told, and whenever you see signs like this displayed. When you see a pesticide application taking place, stay back. Applicators must suspend their work if you get too close.**

**Wash your body and hair with soap or shampoo right after work; then put on clean clothes.**

**Wash your hands before you eat, drink, or chew gum. Also, wash before smoking, using the toilet, or using your phone.**

**When pesticides are spilled or sprayed on your body, wash immediately. Water, soap, and towels must be provided nearby. Use the nearest clean water, including springs, streams, and lakes, if they are closer to you. After that, wash your body and hair with soap or shampoo as soon as possible. Put on clean clothes.**

**Wash your work clothes before wearing them again. Wash them separately from other clothes.**

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

Questions about pesticides? Call 1-800-858-7378 (National Pesticide Information Center)