



Pesticides and Your Health

Be Smart . . .Be Aware

Pesticides are any chemical used by man to kill pests. Many pesticides can pose risks to people.



Be Aware . . . especially children, the elderly, and some adults can often have compromised immune systems (symptomatic with allergies and sensitivities to many everyday chemicals). Those in this risk category can be affected with even minimum exposure to any pesticides.



To determine your risk . . . Be Smart . . . consider both the toxicity, the hazard of the pesticide, the likelihood of exposure, and your overall state of health. Here's a list of toxic pesticides :

Identify the Pesticide

Identifying the chemical used in the pesticide is an important step used to diagnose symptoms and affect treatment. The signs and symptoms differs from each specific pesticide.

Find out what kind of specific chemical/pesticide . . .

Insecticides ?

Fungicides ?

Herbicides ?

Other ?



Here's A List of the Areas of the Body Systems Affected by Pesticides

- Ear, Nose, Mouth
- Eyes
- Gastrointestinal and Abdominal
- Genitourinary
- Heart and Circulatory System
- Musculoskeletal System
- Neurological
- Reproductive System
- Respiratory
- Skin, Nails, Hair
- Systemic Symptoms

Signs/symptoms/diagnoses are weighted by their specificity to a particular pesticide. **Be Aware** of the kind of pesticides used around you and your community - where and how often they are used and their names.

Identifying Common Symptoms and Severity of Pesticide Exposure

General Symptoms that Might Indicate Pesticide Poisoning

Mild Poisoning

Any of the following:

- irritation of the nose, throat, eyes or skin
- headache
- dizziness
- loss of appetite
- thirst
- nausea
- diarrhea
- sweating
- weakness or fatigue
- restlessness
- nervousness
- changes in mood
- insomnia

Moderate Poisoning

Any of the mild symptoms, plus any of the following:

- vomiting
- excessive salivation
- coughing
- feeling of constriction in throat and chest
- abdominal cramps
- blurring of vision
- rapid pulse
- excessive perspiration
- profound weakness
- trembling
- muscular incoordination
- mental confusion

Severe Poisoning

Any of the mild or moderate symptoms, plus any of the following:

- inability to breathe
- extra phlegm or mucous in the airways
- small or pinpoint pupils
- chemical burns on the skin
- increased rate of breathing
- loss of reflexes
- uncontrollable muscular twitching
- unconsciousness
- death

Be Smart . . . Be Aware

Use caution when you use pesticides and better yet . . .use no pesticides!

Consider your health and the health and wellbeing of the people and pets around you.



What Should I Use?

If you are going to use pesticides . . Be Aware . . . Go with baits or crack and crevice spot treatments and use the least toxic pesticide only after all non-toxic alternatives (natural remedies) have been tried.

A list of least toxic pesticides can be found on the web.



Buy primarily organic foods which have been grown with no pesticides.

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