



Did you know pesticide sprays or foggers can cause harm to children?

The use of some spray or fogger pesticides may cause

- Low birth weight
- Breathing troubles, such as asthma
- Difficulty learning and paying attention

**During pregnancy**, pesticides from sprays or foggers can enter your body and your baby's body through the air you breathe and your skin's surface.

**Your children** can also be at risk by breathing pesticides in the air or swallowing particles that have settled on the floor or furniture.

## RESOURCE CORNER

### Beyond Pesticides

Learn more about Integrated Pest Management and safer pest control products. Call 202-543-5450 or go to [www.beyondpesticides.org](http://www.beyondpesticides.org).

### Columbia Center for Children's Environmental Health

This Center will help you learn about the health effects of pesticides on your children. Call 212-304-7280 or go to [www.cceh.org](http://www.cceh.org).

### National Pesticide Information Center

This Center will provide more information on pesticides. Call 800-222-7378 or go to [www.npic.orst.edu](http://www.npic.orst.edu).

### New York City Department of Health and Mental Hygiene

Call 311 to ask for the guide "How to Control Pests Safely," or download it from: <http://home2.nyc.gov/html/doh/downloads/pdf/pest/pest-bro-healthy-home.pdf>.

### WE ACT for Environmental Justice

Always remember that there are least toxic alternatives and methods to limit pesticides use. For more information or to learn more about garbage, pests and pesticides, call 347-465-8483 or visit [www.weact.org](http://www.weact.org).



Healthy Home  
Healthy Child



US EPA 2005  
Children's Environmental Health  
Excellence Award

### Columbia Center for Children's Environmental Health

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# Protect Your Children From Pesticides



## Take Action Today!



COLUMBIA CENTER  
FOR CHILDREN'S  
ENVIRONMENTAL  
HEALTH

MAILMAN SCHOOL OF PUBLIC HEALTH  
Columbia University

# What Is Integrated Pest Management?

- **Integrated Pest Management (IPM)** is a safe way to keep your home free of pests.
- **IPM** uses a combination of common-sense practices and safer products so your family stays away from harmful pesticides.



*Store open foods, such as cereal, flour and rice, in containers with a lid.*

# Hello Safe Pest Control, Goodbye Pests!

## Tips for IPM

### 1 Reduce clutter in your home, so pests won't have a place to hide

- Stack papers neatly
- Throw away old towels and rags
- Hang clothes in your closet or keep folded in their drawers
- Store open foods, such as cereal, flour and rice, in containers with a lid



### 2 Use safer pest control products and avoid spray pesticides

- Use glue traps or box traps for mice
- Use sticky traps, gels or bait stations for cockroaches
- Check the traps for pests and replace them often
- Never use the products Chinese Chalk, Tres Pasitos, or Tempo, because they are illegal in the United States



### 3 Repair holes, cracks and plumbing so pests cannot enter your home

- Ask your landlord or building superintendent to make repairs
- Use boric acid powder under floor moldings, cracks or holes in the walls
- Seal the floor and walls with caulking compound or metal screens
- Fix plumbing leaks, because dripping water attracts pests

### 4 Practice family teamwork to keep your home free of pests



- Talk to your family about the safe ways to get rid of pests
- Eat all meals and snacks in the same room
- Wash dishes and wipe down counters after meals
- Take out the garbage every day