

# Protect Yourself and Your Family from Pesticides

Pesticide Exposure Surveillance in Texas (PEST)  
includes exposure to the following:

- disinfectants
- herbicides
- rodenticides
- insecticides
- fumigants
- repellents



**If you work with pesticides,  
follow these steps to  
protect yourself and your family:**

- Always wash hands with soap and water after working with pesticides or handling treated plants.
- Wear clothes that cover your arms and legs when working with pesticides.
- Stay away from fields that have been sprayed; this is especially important for children and pregnant women!
- Take off boots and hat (if possible change clothes at the workplace) before entering your house.
- Wash work clothes (use hot water and lots of soap) after wearing them one time. Do not wash potentially contaminated work clothes with your family's other clothes.
- Read and follow the instructions on the labels of household pesticides and pesticides used for your work. Always keep poison away from children.
- If you have been around pesticides and feel sick, seek medical attention immediately and contact the poison hotline: 1-800-222-1222.

**Pesticide Exposure Surveillance in Texas (PEST) Program**

If you have questions about pesticide exposure call:  
(512) 458-7269 (800) 588-1248 FAX (512) 458-7169  
Website: <http://www.dshs.state.tx.usepitox>



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