Pesticide Use Safety Tips

for Women who are Pregnant and Breastfeeding

To help lower your exposure to pesticides used indoors and outdoors:

- Choose a pesticide meant for the location and kind of pest you are treating.

- Carefully read and follow the directions on the label.

- If possible, ask another adult who is not pregnant or breastfeeding to mix and apply pesticides.

- Wear gloves, long sleeves, long pants, and shoes when mixing or applying pesticides. Change clothes and wash your hands afterwards.

- For indoor pesticide use:

  - Remove or cover nearby foods and dishes. After treating the area, wipe down nearby food preparation surfaces before using them again.

  - Increase ventilation by opening windows and doors and running fans.

  - Leave the area for as long as the label recommends, or at least until the product is completely dry if there is no recommendation.

- For outdoor pesticide use:

  - Close doors and windows to avoid getting pesticides in the home.

  - Avoid contact with treated areas until they are dry.

- Store pesticides safely! Keep them in their original containers out of the reach of children.

For safer use of pesticides on the body (such as insect repellents & lice treatments):

- Check with a healthcare provider before use.

- Carefully read and follow the directions on the label, including how often to apply the product, how long to leave it on, and when to wash it off.

- Do not apply pesticides under your clothing unless directed to on the label.

- Apply in an area with good ventilation and wash your hands after applying.

MotherToBaby Fact Sheets:
- **Pesticides:** https://mothertobaby.org/fact-sheets/pesticides-pregnancy/
- I**nsect repellents:** https://mothertobaby.org/fact-sheets/insect-repellents/

MotherToBaby®

For personalized information about medications, supplements, and other exposures in pregnancy and breastfeeding: mothertobaby.org

ARIZONA
Poison and Drug Information Center

For questions about poisoning, stings, bites, overdoses, and the proper use of medications, call a Poison Center at 800-222-1222 (24 hours a day, 7 days a week)