

- Wash hands frequently with soap and water. Use warm water and soap to scrub your and your children's hands and under fingernails.
- Wash fruits and vegetables thoroughly. Use a clean cloth or a paper towel to wipe off the fruits or vegetables once you've washed them.



What You Can Do at Home to Protect Your Family

1. Keep children out of the fields.
2. Keep pets outside and bathe them frequently.
3. Close windows and doors to keep out pesticide spray.
4. Cover up outdoor toys and wash them often.
5. Don't bring pesticide containers or pesticides home from the fields.



Phone: (831) 759-6548
Website: <http://cerch.berkeley.edu/>
Facebook: @CHAMACOS.CERCH
Email: ChamacosStudy@gmail.com

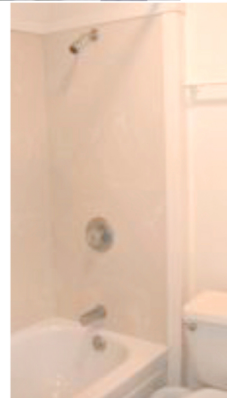
Protecting Your Home From Pesticides



Protecting Your Family From Pesticides Begins at Work

- Keep family cars clean. Vacuum the seats and the carpet of the car as much as possible.
- Change your shoes before getting into the car that takes you home from working in the fields. Put them in the car's trunk or in a plastic bag after removing them to keep pesticides.
- Change out of work clothes before getting on the family car. If you can't change out of work clothes, then cover the car seats with blankets or towels.

- Shower as soon as possible after returning from work. If you can't shower right away then at least change out of your work clothes into clean clothes and wash your hands, arms, and face.
- Wait to hug, pick up or hold children until after you have showered or at least changed out of your work clothes and washed up. You may be covered with pesticide dust when you get home from work, so hug, pick up or hold your children after you have cleaned up.



Steps to Protecting Your Family at Home

- Separate work clothes from children's clothes and other family clothes. After you take off your work clothes, put them someplace where they will be separated from dirty family clothes. Then wash work clothes separately.
- Wash children's blankets and toys frequently. Wash all objects that children spend a lot of time with, like blankets, stuffed animals, and toys as often as possible.
- Dust and vacuum and mop floors frequently. At least once a week, dust the house with a wet rag and vacuum and mop floors.

