WHAT TO DO IF YOU ARE EXPOSED TO PESTICIDES

Improper use of pesticides in a home, on the farm, or in a forest can harm people. Acute pesticide exposure can cause skin, eye and respiratory tract irritation and damage. This fact sheet tells you what to do if you think you have suddenly been exposed to pesticides.

Take these important actions:

1. **Wash off the pesticide.** Were your skin or clothing exposed to droplets or dust particles? If so, carefully remove affected clothing and launder separately. Shower and wash the pesticide from your skin and hair as soon as possible.
2. **Warn others in the area.** This is especially important for sensitive groups. These groups include pregnant and nursing women, small children, the elderly and those with health complications.
3. **Is an outdoor pesticide release ongoing?** If so, shut all windows and doors, turn off AC/HVAC systems and leave the area. Take pets with you if you can.

   If the release is indoors, leave the house or building. Take pets with you if you can.

4. **Write down what happened:**
   - The location of the exposure;
   - The date and time of day (or night);
   - The weather at the time of the pesticide release, including wind direction;
   - Detailed health symptoms, including when they began;
   - Your estimated distance from the location of the pesticide release;
   - Any other details that will help investigators.

5. **Report the incident:**
   - For urgent pesticide-related health concerns, call the Oregon Poison Center at **1-800-222-1222** (24 hours a day/seven days a week).
   - The law requires any health care provider who sees you after the exposure to report it to your local health department. Be sure to mention this law to your provider.
   - After any urgent concerns have been taken care of, report the incident to the Pesticide Analytical and Response Center (PARC). PARC coordinates investigations of pesticide releases that may have harmed human health, animal health or the environment. Call PARC toll-free at **1-844-688-7272**, or email parc@oda.state.or.us.

For more information, contact:

- National Pesticide Information Center — **1-800-858-7378** or npic@ace.orst.edu.

  NPIC provides objective, science-based information on pesticides and pesticide-related topics. For more information from NPIC on pesticides and their use, go to www.npic.orst.edu/

- Pesticide Exposure Safety & Tracking (PEST) Program, Oregon Public Health Division — 971-673-0400 or pesticides.health@state. or.us.

  Contact the PEST Program staff for information about pesticides and public health in Oregon. You can find pesticide safety brochures and information on Oregon's reported pesticide poisonings at http://healthoregon.org/pesticide.

Oregon Health Authority
PUBLIC HEALTH DIVISION
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This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Public Health Division at 971-673-0400, 971-673-0372 for TTY.

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