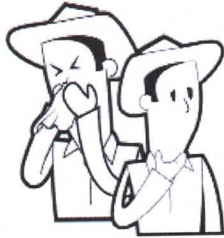


# SHORT-TERM SYMPTOMS



**Tired**  
**cansado**



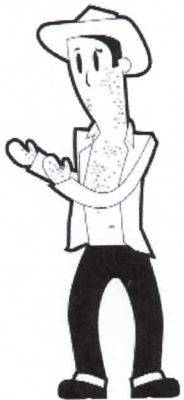
**Irritated nose  
and throat**  
**irritación de la nariz  
y garganta**



**Headache**  
**dolor de cabeza**



**Dizzy**  
**mareado**



**Rashes**  
**rocios**



**Cramps**  
**dolor estomacal**



**Throwing up**  
**vomitando**



**Muscle pains**  
**calambre de los  
músculos**



**Sweaty**  
**sudoroso**



**Blurred vision**  
**tiene la vista  
nublada**

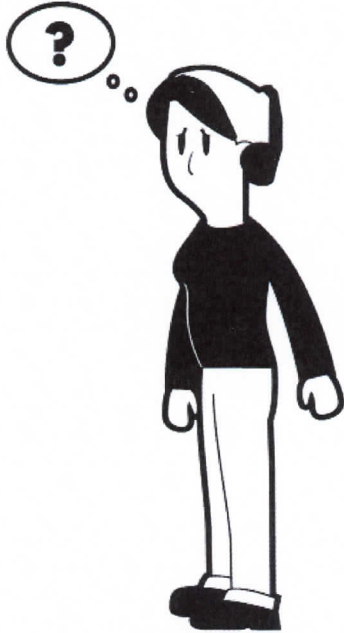


**Sleeplessness**  
**insomnio**

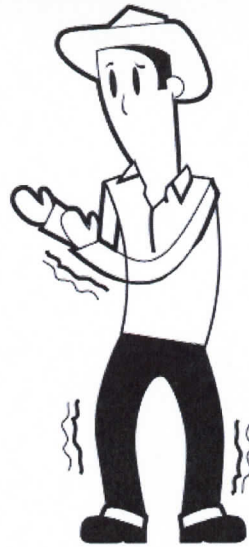


**Confusion**  
**confusión**

# CHRONIC HEALTH EFFECTS

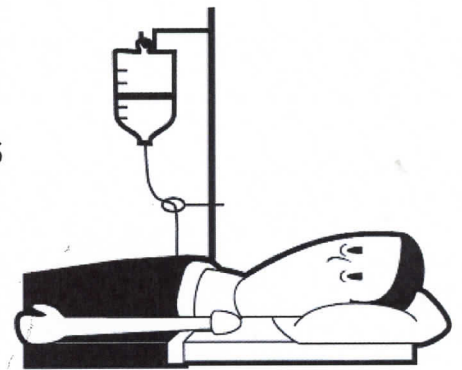


**Memory loss**  
**pérdida de memoria**

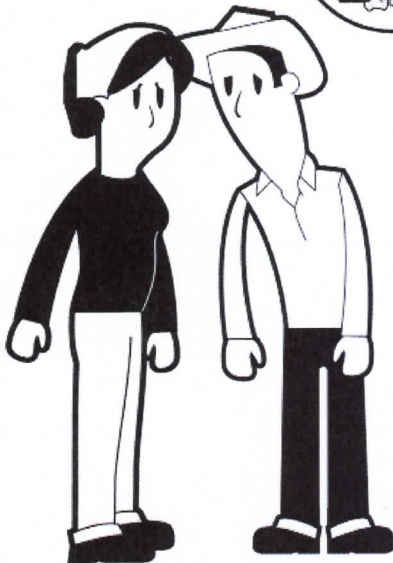


**Weakness in the arms  
and legs**

**debilidad en los  
brazos o piernas**



**Cancer**  
**cáncer**



**Infertility**  
**infertilidad**



**Birth defects**  
**Defectos de nacimiento**

# WHAT TO DO IF EXPOSED TO PESTICIDES

When you start to feel bad after a pesticide exposure:

- Leave the contaminated area as soon as possible
- Wash the skin with soap and water while you are still in the field
- Change your clothing as quickly as possible
- Take a bath or shower with soap and shampoo
- Find medical attention

When pesticides get in the eyes:

- Leave the contaminated area
- Wash the eyes with water for at least 15 minutes

Should I receive medical attention? **Yes!**

- Whether you have immediate symptoms or not, you should consult a health professional each time you are exposed to pesticides at work.
- You need to report the exposure because you can obtain workers compensation benefits for health problems related to pesticides that can develop in the future (for example, infertility, nervous disorders, loss of memory).



You **ALWAYS** need medical attention when you suffer serious health effects such as:

- Difficulty breathing
- Loss of consciousness
- Drooling or foaming from the mouth or nose
- Convulsions or seizures



## What information does the doctor or nurse need?

- That you suspect pesticide exposure and the circumstances in which it occurred (for example, direct exposure, drift, pesticide residues on plants)
- The symptoms you have
- How long after the exposure the symptoms began and if they continue
- If anyone else was exposed and if they have similar symptoms
- If it is possible, the name of the pesticide

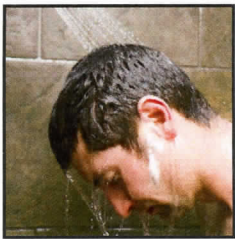


# HOW TO DIMINISH CONTACT WITH PESTICIDES IN THE FIELDS

Farmworkers can do various things to reduce their contact with pesticides in the workplace.



Use long-sleeved shirts, pants, hats, socks and shoes or boots, and gloves (if possible) every day.



Shower and put on clean clothes immediately after getting home.



During work, wash hands well before eating, drinking, smoking, or going to the bathroom. Also, wash hands after going to the bathroom.



Do not eat in the fields or in areas where pesticides are kept.

Do not enter a field that has just been sprayed by pesticides or that has a warning sign about pesticides. If there is a sign, ask when it is safe to enter the field again.



If pesticides fall on your skin, take off the contaminated clothing and immediately wash the affected region with plenty of water and soap. Try to figure out the name of the pesticide and seek medical help.

## HOW TO PROTECT YOUR FAMILY FROM THE DANGERS OF PESTICIDES

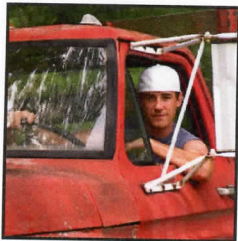
Farmworkers can take these steps to **protect their families** from pesticide exposure.



Take off your shoes before entering your home.



Never take pesticides home with you. Never switch or combine pesticides with containers of other products that children may confuse with food or drinks (like soda bottles).



Wash your work clothes with detergent and warm water before using it again. Wash your work clothes separately from the clothes of the rest of the family.



Cover your car seat with a cloth when you travel with clothes on that have been contaminated by pesticides.



Wash your hands (or shower) and change your work clothes before you touch your children.

Shower and put on clean clothes as soon as you can once you arrive home.