

Pesticides and Your Health

Many homeowners take pride in having a lush, green lawn and garden.
However, using pesticides outdoors or in the home carries health risks.

A SAFER WAY TO CONTROL YARD PESTS: INTEGRATED PEST MANAGEMENT (IPM)

Integrated Pest Management (IPM) is a way to control pests in the least harmful way. IPM combines proven ways to prevent and kill pests. Before you use home or lawn chemicals, consider taking these steps to reduce ill effects on the environment and health (especially children's health):

- Control pests through natural means to remove their sources of food, water, and shelter.
- Choose plants intended for Florida's climate and ecosystems. These plants naturally resist pests. They also need less water, fertilizer and other chemicals.

LAWN-CARE TIPS... WITHOUT THE PESTICIDES

- Pesticides can kill the creatures that naturally control harmful insects.
- Use native, disease-resistant plants.
- Pour boiling water, soapy water, or vinegar on ant hills.
- Place a variety of plants in an area, rather than only one type.
- Place natural controls, such as ladybugs, in your garden.
- Spray wasp nests from a safe distance with the hose on high pressure. After the insects have flown away, knock down the nest with a broom.
- Talk with Sarasota County Mosquito Control or University of Florida IFAS Extension's Master Gardener, Horticulture, and IPM experts about using insecticidal soaps and horticulture oils instead of chemical pesticides. *(Contact info below.)*

LOCAL RESOURCES

DOH-Sarasota, Division of Environmental Health Services: ☎ 941-861-6133

University of Florida Extension (Gardening Experts): ☎ 941-861-5000

Sarasota County Mosquito Control (IPM Experts): ☎ 941-861-5000

SARASOTA COUNTY'S PRECAUTIONARY PRINCIPLE

urges everyone to reduce the use of pesticides to limit ill effects on health and the environment.

Endocrine disruptors are chemicals that may cause ill health in both humans and wildlife. The National Institutes of Health reports that many products in everyday use contain endocrine disruptors, including pesticides. Right now, the U.S. Environmental Protection Agency's (EPA's) Endocrine Disruptor Screening Program is picking over 50 pesticide ingredients for further study based on their registration status.

According to the American Academy of Pediatrics:

- Children contact pesticides daily in air, food, dust, soil and on surfaces due to their use in and around homes, gardens, and lawns.
- Parents, guardians and health care providers should encourage the use of IPM.

BE INFORMED - TAKE ACTION

EPA's info on chemicals in pesticides:

☞ www.epa.gov/pesticide-science-and-assessing-pesticide-risks/overview-risk-assessment-pesticide-program

Nat'l Institute of Environmental Health Sciences info on endocrine disruptors:

☞ www.niehs.nih.gov/health/topics/agents/endocrine/

American Academy of Pediatrics' report on pesticides and children:

☞ <http://bit.ly/13WwM7M>

University of Florida Extension's info on pesticide regulations and safety:

☞ http://edis.ifas.ufl.edu/topic_pesticide_safety

President's Cancer Panel report on reducing environmental cancer risk:

☞ <http://1.usa.gov/d1wmtV>

Tell your friends and family about the Florida law to establish a registry for persons requiring prior notification before the use of lawn pesticides:

☞ <http://edis.ifas.ufl.edu/pi004>

Report problems to Pesticide Exposure Surveillance and Prevention Program:

☞ 800-606-5810 or

www.floridahealth.gov/environmental-health/pesticide-poisoning

Call the Poison Control Center for any suspected poisoning:

☞ 800-222-1222



Brought to you by: Florida Department of Health in Sarasota County

www.sarasotahealth.org