



PESTICIDES

ARE POISON.

Many pesticides contain cancer-causing chemicals that can damage nerve cells and disrupt the body's hormones. A study conducted by the Columbia Center for Children's Environmental Health found that babies born to women exposed to pesticides were more likely to have physical and learning disabilities. Integrated Pest Management (IPM) is an alternative to pesticides that involves removing moisture, sealing up holes, and eliminating any pest food sources. Columbia's study found that when IPM was practiced it reduced cockroaches in half—more than regular pesticides—and eliminated pesticide exposure.



Pesticides are Poison

1. Avoid products that say Danger!!! or Poison!!!
2. Never use pesticide bombs or sprays. Instead use glue traps, gels, and bait stations. If you must use pesticides, open windows and keep them out of reach of children.
3. When hiring a professional exterminator, consider using a firm that practices IPM.
4. Fix leaks and wipe up spills. Insects like wet spots.
5. Avoid attracting insects and pests. Store all food (including pet food) in tightly covered containers.
6. Use caulking and spray foam to seal cracks and holes in walls and cabinets, especially in the kitchen and the bathroom, to block pest entryways. They're available at any hardware store.