

# IF YOU USE PESTICIDES

## Protec your health!

### What are they?

Substances employed at home and in the health and agricultural sectors to control pest proliferation causing diseases on crops, animals, and people

### If you use pesticides

Wear protective gear: long pants over boots, long sleeve shirt, thick plastic gloves, waterproof hat, non-cotton lined rubber boots because cotton is absorbent, eyeglasses, security goggles or face shield, and dustproof mask, or respirator



Take into consideration that excess and uncontrolled use may harm your health and the environment

### Suggestions



### Actions to reduce home exposure



Store them in a safe place away from food and bedrooms



Don't let children play in areas where pesticides were recently applied



Wash fruits and vegetables



Place labels on pesticide containers and don't reuse them

### Be informed

**Secretaría de Salud**  
[www.gob.mx/salud](http://www.gob.mx/salud)

**Centro Nacional de Prevención de Desastres**  
[www.gob.mx/cenapred](http://www.gob.mx/cenapred)

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CENTRO NACIONAL DE PREVENCIÓN DE DESASTRES



[gob.mx/cenapred](http://gob.mx/cenapred)



# THE DARK SIDE OF PESTICIDES

## Harmful to your health

### Environmental damage



Indiscriminate  
use of pesticides

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Soil, water, and air pollution

### Damage to your health

Depends on the type of pesticide and the exposure period:

- Behavior changes, itching, skin irritation
- Allergic reactions, vomiting, dizziness, seizures, cataracts, fertility decrease and birth defects to unborn child, among other

During 2016, the states with highest poisoning problems in Mexico were Nayarit, Morelos, and Jalisco



**3869 poisoning cases  
were recorded in 2016**

### Incidence of pesticide poisoning in 2016



**Deaths in the  
1995-2011 period**



Data taken from the new disease cases reports at Secretaria de Salud = Secretariat of Health and Consejo Nacional de Población (CONAPO) = National Population Council

**Red Toxicológica Mexicana (RETOMEX)**  
[www.retomex.org.mx](http://www.retomex.org.mx)

**Red Temática de Toxicología de Plaguicidas**  
[www.redtoxicologiadeplaguicidas.org](http://www.redtoxicologiadeplaguicidas.org)