



Californians For
Pesticide Reform



NORTHWEST CENTER FOR
ALTERNATIVES TO PESTICIDES

The Dangers of Pesticide Exposure

**A Community Response Guide for the
Pacific Northwest
(Oregon, Washington, and Idaho)**



The Dangers of Pesticide Drift



Pesticides are chemicals that kill weeds, insects, and other pests.



Pesticides are designed to kill. Exposure to pesticides can make you sick right away and/or can be harmful to your long-term health. Pesticides are especially harmful to children.



Pesticide drift may be visible as a cloud of spray or dust, or you may notice an unpleasant smell or taste. You may even feel droplets. Pesticides can harm your health even if you don't see, feel, taste or smell them.

Symptoms of Pesticide Exposure

Different pesticides cause different reactions. But if you've been exposed to pesticides, you may feel:



eye, nose or throat irritation,
difficulty breathing



nausea, vomiting



skin irritation, rash



dizziness, tremors, muscle
weakness



headaches



blurred vision, eye irritation



stomach aches, diarrhea



excessive sweating, fever

Maybe it's not the flu?

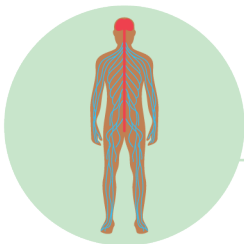
Symptoms of pesticide exposure are often dismissed as colds, flu, diabetes, pregnancy, allergies, or hangovers. If you feel any of the above symptoms, especially if they appear quickly, think about where and when you may have been exposed to pesticides and see a doctor.

Long-Term Health Risks



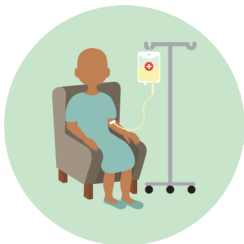
Some effects take months or years to show up, such as

birth defects



nervous system problems

reproductive harm



cancer

Pesticide Drift Is Illegal!



Report all pesticide drift, whether you are sick or not. See p.8

By law, state agencies will investigate if reported.



Farmworkers have these rights when they are exposed to pesticides at work:



Your employer must provide transportation to the doctor or hospital.



Your employer must provide the pesticide Safety Data Sheet (SDS).



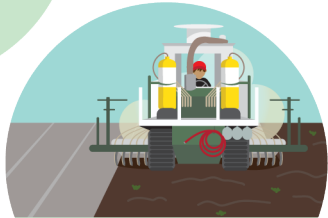
You cannot be fired for reporting drift or seeking medical attention.

How Are Pesticides Applied?

Sprays down toward
the ground



**Ground
Boom Sprayer**



**Soil
Fumigation**



**Aerial
Application**

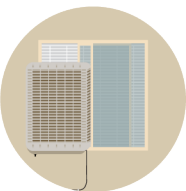


**Ground Air-blast
Applicator**

Sprays up and
out



What to Do If You Are Exposed to Pesticides



At home: Turn off your swamp cooler. Close the windows. If possible, carefully leave the area immediately. Call 911 if you are too sick to drive.



At work:

- Tell your supervisor immediately!
- Ask your supervisor what pesticide you were exposed to, and ask to be taken to a doctor.
- Tell your doctor the name of the pesticide, and ask them to report it.



Wherever you are exposed:

- Record everything and report it! See p. 8
- Change your clothes and shower with soap and warm water.
- If your clothes were hit, put them in a paper bag inside a plastic bag for possible testing.

See a Doctor Immediately If You Feel Any Symptoms of Pesticide Poisoning!



Tell the doctor what happened and what pesticides were involved.

Who will pay your medical bill?

If you were exposed at work, workers' compensation insurance is required to pay.



If you live in Oregon or Washington, make sure your doctor reports the illness, as required by law.* Follow up with your State Department of Health.

*For more information visit:

<http://pesticideresources.org/med/reporting.html>

Always Report Pesticide Drift!

How to Report:



Call your State Department of Agriculture (see p. 12 for contact numbers).



Write everything down! See p. 9-10



Gather necessary pesticide application information from your employer. If you are unable or unwilling, you may appoint a designated representative. For help with a designated representative, call NCAP (541) 344-5044 x 35.



If you are seriously ill, call 911.

Record Everything!

Don't worry if you don't know all the answers, just record as much as you can. Keep any photos or videos, and make copies of the form for others to fill out, if needed.

Recording Form for Pesticide Exposure

1. Your name: _____

2. Date of pesticide exposure: _____ (month/day/year) Time: _____ am/pm

3. The exposure happened while: ☐ Working ☐ Driving ☐ At Home

☐ At School ☐ Other _____

4. Location of exposure: (Be specific! Address, intersection, part of highway, school name, field block, residence, name of farm labor contractor or grower if known, etc.)

5. Weather conditions at time of exposure: ☐ No Wind

☐ Wind: From what direction? _____ How Strong? Light / Medium / Strong

☐ Fog ☐ Other _____

6. Did you feel, smell or taste anything at the time of exposure? ☐ No ☐ Yes

If yes, what did it feel, smell or taste like? _____

7. What pesticide(s)? (if known) _____

8. Describe the exposure: (What were you doing? Was it a gas, a spray, from a helicopter, etc.?) _____

9. Did you see the pesticide being applied? If so, describe how (helicopter, tractor, sprayer, etc.) and estimate how far away it was. _____

10. Who was exposed? Write the names and contact information of all people you know were exposed. Continue on the back or on another page if you need more space.

Name _____ Contact Info _____

Name _____ Contact Info _____

Name _____ Contact Info _____

11. What symptoms did you and others experience?

Me	Others		Me	Others
	(who?)			(who?)
Dizziness..... <input type="checkbox"/>	<input type="checkbox"/>	Onset of asthma attack..... <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headache..... <input type="checkbox"/>	<input type="checkbox"/>	Tingling or numbness		
Burning eyes..... <input type="checkbox"/>	<input type="checkbox"/>	of skin or mouth..... <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stomach ache/		Chemical taste in your		
nausea..... <input type="checkbox"/>	<input type="checkbox"/>	mouth, sore throat..... <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diarrhea..... <input type="checkbox"/>	<input type="checkbox"/>	Difficulty breathing		
Vomiting..... <input type="checkbox"/>	<input type="checkbox"/>	or shortness of breath..... <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fainting..... <input type="checkbox"/>	<input type="checkbox"/>	Disorientation		
Rash/Irritation .. <input type="checkbox"/>	<input type="checkbox"/>	or confusion..... <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		Allergy-like reaction		
		(sneezing & runny, itchy nose)..... <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Follow up!

If you were exposed at work, did you tell your supervisor? ☐ Yes ☐ No

Did you save clothes that might have been contaminated in a bag? ☐ Yes ☐ No

Remember to report drift and exposure to the State Department of Agriculture immediately. Call community support groups if you need help! (see pages 13-14.)

Who I called _____ Date & time of call _____ What did they say? _____

Filing a Report with the State

Report pesticide drift to your State Department of Agriculture.



Reports may be given anonymously but will have more weight if you are able to provide your general contact information.



Only general contact information is requested. You will not be asked to provide personal information such as a state ID or social security number.



During the course of the investigation, you may be referred to another state department. Be sure to follow-up.



Try to provide as much information about the incident as possible so that a successful investigation can be performed.



You will be notified when the investigation is complete.

Important Contacts

In case of emergency, dial 9-1-1

Poison Control Center 1-800-222-1222

National Pesticide Information Center 1-800-858-7378

Washington:

Washington State Department of Agriculture.. 877-301-4555

Washington Department of Labor 800-423-7233

Oregon:

Dial 2-1-1 for non-emergency pesticide reporting

Oregon State Department of Agriculture 503-986-4635

Pesticide Analytical and Response Center 503-986-6470

Idaho:

Idaho State Department of Agriculture 208-332-8608

Idaho Department of Labor.....208-332-3570 ext. 3135

You Are Not Alone

For help reporting drift, to get involved, or if you have questions, these organizations are here for you.



Pestisol by CHWCMR
(Spanish App for Pesticide Information)

**Community Health
Worker
Coalition for
Migrants and
Refugees**



**Community Health Worker Coalition for
Migrants and Refugees**
(Washington)
(425) 678-8011



PCUN
(Oregon)
(503) 902-0367



Northwest Justice Project

Northwest Justice Project
(Washington)
(509) 225-0026



**Oregon
Law Center**
WORKING TOGETHER TO ACHIEVE JUSTICE FOR LOW INCOME OREGONIANS

Oregon Law Center
(Oregon)
(503) 726-4381



Visión 2C
(Idaho)
(208) 991-4451



**ALIANZA
DE RECURSOS**
PARA INMIGRANTES DE IDAHO

**IDAHO IMMIGRANT
RESOURCE
ALLIANCE**

**Idaho Immigrant
Resource Alliance**
(Idaho)



**UFW Foundation Worker's
Rights Call Center**
(Regional)
(877) 881-8281



**United Farm Workers of
America Headquaters**
(Regional)
(661) 823-6105



**Alianza Nacional de
Campesinas**
(Regional)
(951) 545-1917



**NORTHWEST CENTER FOR
ALTERNATIVES TO PESTICIDES**

**Northwest Center for
Alternatives to Pesticides**
(Regional)
(541) 344-5044 x 35



PESTICIDE ACTION NETWORK • NORTH AMERICA

PAN
(Regional)
(510) 788-9020
www.panna.org

About CPR and NCAP

Californians for Pesticide Reform (CPR) is a statewide coalition of more than 190 organizations, founded in 1996 to fundamentally shift the way pesticides are used in California. CPR's mission is to protect public health, improve environmental quality and expand a sustainable and just agriculture system by building a diverse movement across California to change statewide and local pesticide policies and practices.

The Northwest Center for Alternatives to Pesticides (NCAP) works to protect community and environmental health and inspire the use of ecologically sound solutions to reduce the use of pesticides. NCAP works in the Northwest region with programs spanning Washington, Oregon, and Idaho.

Thank you to CPR for your hard work on this guide and for granting permission for it to be adapted to the Pacific Northwest region.

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