



CHAMACOS

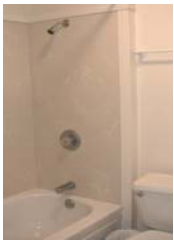
PROTECTING YOUR HOME FROM PESTICIDES



1. **TAKE OFF WORK SHOES BEFORE COMING INTO THE HOUSE.** Take off your work shoes and put them in a place where children won't come in contact them, like in a box or on a high shelf outside the house.



2. **CHANGE OUT OF WORK CLOTHES.** Change out of your work clothes either at work or outside the house. Place dirty work clothes in a plastic bag or special container to protect the person who will wash them and everyone else in the house.



3. **SHOWER AS SOON AS POSSIBLE AFTER RETURNING FROM WORK.** Take care to wash your hair and your whole body every day. Wash under your fingernails and toenails where pesticide dust can hide. If you can't shower right away then at least change out of your work clothes into clean clothes and wash your hands, arms and face.



4. **IF YOU HAVE TO, COOL DOWN OUTSIDE, NOT INSIDE.** If you need to cool down before showering, then sit outside the house so that you don't bring pesticide dust into the home.



5. **WAIT TO HUG, PICK UP OR HOLD CHILDREN UNTIL AFTER YOU HAVE SHOWERED OR AT LEAST CHANGED OUT OF YOUR WORK CLOTHES AND WASHED UP.** You may be covered with pesticide dust when you get home from work, so hug, pick up or hold your children after you have cleaned up.



6. **USE A BLANKET OR TOWEL TO PICK UP CHILDREN.** If you have to pick up or hug children before changing out of your work clothes (like at child car, for example), pick them up using a clean towel or blanket.



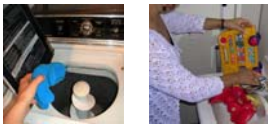
7. CHANGE YOUR SHOES BEFORE GETTING INTO THE CAR THAT TAKES YOU HOME FROM WORKING IN THE FIELDS. Put them in the car's trunk or in a plastic bag after removing them to keep pesticide dust out of the area of the car where your family and children ride.



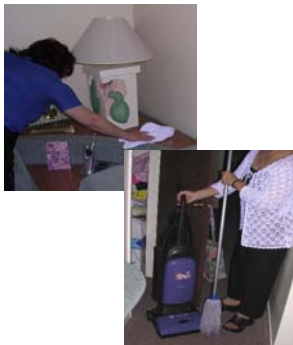
8. KEEP FAMILY CARS CLEAN. If you can, change out of your work clothes before riding in the family car. If you can't change out of your work clothes, then cover the car seats with blankets or towels. Wash these blankets and towels frequently. Also, vacuum the seats and the carpet of the car as much as possible.



9. SEPARATE WORK CLOTHES FROM CHILDREN'S CLOTHES AND OTHER FAMILY CLOTHES. After you take off your work clothes, put them someplace where they will be separated from dirty family clothes. Then wash work clothes separately.



10. WASH CHILDREN'S BLANKETS AND TOYS FREQUENTLY. Wash all objects that children spend a lot of time with, like blankets, stuffed animals, and toys as often as possible.



11. DUST AND VACUUM AND MOP FLOORS FREQUENTLY. At least once a week, dust the house with a wet rag and vacuum and mop floors. Especially clean areas that children spend a lot of time, like their bedrooms, the kitchen and living areas. It is important to get into cracks and crevices where pesticide dust may be hiding. Store mops, brooms and cleaning rags in a place where children won't be able to touch them.



12. WASH HANDS FREQUENTLY WITH SOAP AND WATER. Wash adults and children's hands frequently and thoroughly. Use warm water and soap to scrub your and your children's hands and under fingernails. Dry off on a clean cloth or paper towel.



13. WASH FRUITS AND VEGETABLES THOROUGHLY. Wash fruits and vegetables well in running water and peel them when possible. Use a clean cloth or a paper towel to wipe off the fruits or vegetables once you've washed them.