If you think your child has been poisoned by pesticides:

1. Call the Poisons Information Helpline immediately
2. Do not force your child to vomit and do not give them milk
3. Rinse the child’s mouth or skin with water
4. Take the label or pesticide with you to the doctor/clinic/hospital!!

For all poisoning emergencies, 24/7 contact the:

POISONS INFORMATION HELPLINE
0861 555 777

What are pesticides???

- Substances or mixtures used to KILL or fight off pests (e.g. rats, ants, bedbugs, fleas, cockroaches, lice, mosquitoes, flies or weeds).
- These are harmful to CHILDREN, animals and the environment!

Contact us: environmentalhealth@uct.ac.za
**Why is my CHILD at risk??**
- Children do not know how dangerous pesticides are.
- They spend a lot of time on the ground where pesticides may be.
- They explore by putting what they find in their mouths.
- Their bodies are smaller and take in more pesticides than adults.
- Their brains and bodies are still growing and the pesticides can affect their growth.

**How are they exposed to pesticides??**
- Through the mouth e.g. eating food with rat poison/drinking bottles used to store pesticides.
- Through the skin e.g. sleeping on beds that have been sprayed for bugs.
- Breathing it in e.g. left in a room that has been sprayed.
- Through the eyes when pesticides are sprayed into the air.

**Where are pesticides found??**
- **Home:**
  - Cockroach poisons & chalks
  - Pesticide sprays (e.g. Doom)
  - Rat poisons
  - Pet shampoos & flea products
  - Mosquito repellents & moth balls
  - Lice shampoos
- **Garden:**
  - Recently sprayed plants & lawn
  - Empty/expired products lying around.
- **Your NEIGHBOUR’S garden and home!**

**Did you know??**
- Unlabeled pesticides are very dangerous and illegal.
- Pesticides sold by informal vendors can be illegal & very toxic.
- Pesticides stay in the environment for many years.
- Pesticides can cause cancer, behavioural problems, allergies & asthma.
- Pregnant woman should avoid use of or exposure to all pesticides.

**What can I do as a parent??**
- Do not buy unlabeled pesticides.
- Keep pesticides locked away & out of reach of children.
- Keep pesticides in their original labeled container.
- Keep children out of the house during spraying and air out before entering.
- Learn the pesticide label color codes found on pesticides:
  - **Red**: Very Toxic
  - **Yellow**: Harmful
  - **Blue**: Caution
  - **Green**: Keep locked away

**What is safer to kill pests?**
(http://www.publichealth.uct.ac.za/phfm_publications-eh)
- For **cockroaches**: Mix 2 teaspoons icing sugar & 2 teaspoons bicarbonate of soda on an old jar lid. Place behind cupboards.
- For **rats**: Cover up all the places they can come in. Keep the rubbish closed. Use two rat traps per home.
- For **ants**: Mix 10 teaspoons jam with 1 teaspoon bicarbonate of soda on a plastic lid.
- For **flies**: Mix 1 cup vinegar and 1 cup water in a spray bottle and spray near windows, doors and where flies rest.
- For **mosquitoes**: Mix 1/2 cup sugar with 1/2 cup boiling water. Allow to cool. Pour into a 2L bottle and add 1 teaspoon yeast. Hang the bottle outside your house to trap mosquitoes.

*Keep these out of reach of children*