



# Eco-Healthy Child Care

Eco-Healthy Child Care is a national program created by the Oregon Environmental Council to ensure that child care settings are as healthy, safe and green as possible by reducing children's exposure to toxins.

## Pesticides



### What Is a Pesticide?

A pesticide is any substance used to prevent, control, repel, or kill insects, plants, fungi, and other pests. Of main concern is children's exposure to pesticides that contain chemicals. Pesticides include insecticides, herbicides, fungicides, plant growth regulators, rodenticides, miticides (mite control), and molluscicides (snails and slugs).

### Health Concerns for Children

Children may be exposed to pesticides by playing on floors, lawns, and play areas; eating pesticide-treated foods; or by handling treated pets. Acute exposure to pesticides can cause breathing difficulty, chest tightness, vomiting, cramping, diarrhea, blurred vision, sweating, headaches, dizziness, and loss of concentration. Long term exposure to pesticides can lead to asthma, cancer, reproductive harm, birth defects, and neurobehavioral problems.

### Integrated Pest Management (IPM)

Integrated Pest Management (IPM) is an effective and environmentally sensitive way to control pests and weeds. IPM uses techniques that pose the least possible hazard to people, property, and the environment. And IPM is cost-effective!

Think twice before buying or using any chemical pest control products. Usually there are non-chemical solutions that work just as well.

### Examples of IPM:

- Clean up food and drink spills right away.
- Fix plumbing and other water leaks (pests need water to survive).
- Seal or caulk cracks and holes (insect entryways).
- Remove clutter so pests have fewer places to hide.
- Keep trash in a closed container and take it out frequently; don't let trash pile up.
- Use least-toxic varieties of chemical pesticides as a *last* resort.

### FOR MORE INFORMATION

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**Visit: [www.oeconline.org/ehcc](http://www.oeconline.org/ehcc)**

## IPM Resources on the Internet

- Northwest Coalition for Alternatives to Pesticides  
[www.pesticide.org](http://www.pesticide.org)
- UC Statewide Integrated Pest Management Program  
[www.ipm.ucdavis.edu](http://www.ipm.ucdavis.edu)
- California School Integrated Pest Management Program  
[www.schoolipm.info](http://www.schoolipm.info)
- Pest Control in the School Environment: Adopting Integrated Pest Management  
[www.epa.gov/pesticides/ipm/brochure](http://www.epa.gov/pesticides/ipm/brochure)

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