



Californians For  
Pesticide Reform

April 2021

# The Dangers of Pesticide Exposure

A Community Response Guide for the  
California Coast



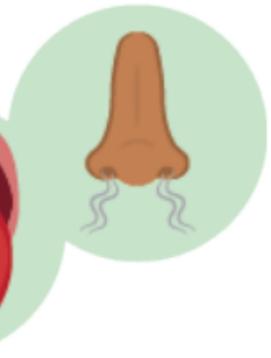
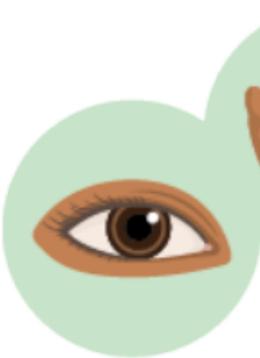
# The Dangers of Pesticide Drift de Pesticidas



Pesticides are chemicals that kill weeds, insects, and other pests. Los pesticidas son productos químicos que matan malezas, insectos, y otras plagas.



Pesticides are designed to kill pests. Exposure to pesticides can make you sick right away and/or can be harmful to your long-term health. Los pesticidas son especialmente dañinos para los niños/as.



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. La dispersión de los pesticidas puede ser visible como una nube de rocío o un polvo, o puede notarse un olor o un sabor desagradable. Incluso se pueden sentir unas pequeñas gotas en la piel. Los pesticidas pueden dañar la salud incluso si no se ven, se sienten, se saben o se huelen.

# Síntomas de Pesticida Exposure

Different pesticides cause different reactions. But if you've been exposed to pesticides, you may feel. Pero si usted ha sido expuesto a pesticidas, es posible que sienta uno de los siguientes síntomas:



eye, nose or throat irritation,  
dificultad de respirar  
nariz o garganta,  
dificultad para respirar



nausea, vomiting  
náusea, vómito



skin irritation, rash  
irritación en la piel,  
salpullido



dizziness, tremors, muscle  
mareos, temblores,  
debilidad muscular



dolor de cabeza



blurred vision, eye irritation  
irritados



dolores del estómago,  
diarrea



sudor excesivo, calentura  
excessive sweating, fever

## Quizás no sea la gripe...

Maybe it's not the flu? Symptoms of pesticide exposure are often dismissed as the flu, a cold, pregnancy allergies, or the stomach flu (or fever), as part of the flu symptoms especially if they appear quickly. Think about whether you have been exposed to pesticides and see a doctor.

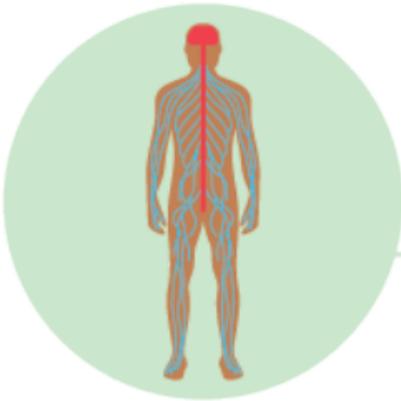
¿Qué son los pesticidas? / Los síntomas de la exposición a pesticidas.

# Risks - Perm Health Risks - Plazo



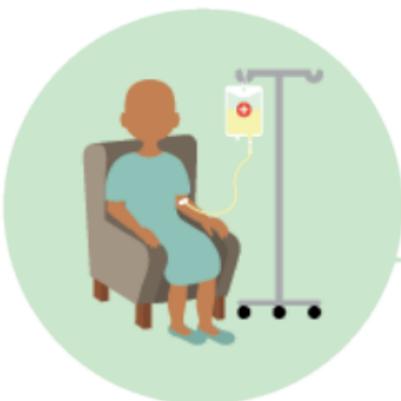
Some effects take  
months or years to  
manifest, such as  
como...

birth defects  
nacimientos



nervous system  
problemas del  
sistema nervioso

reproductive harm  
daños reproductivos



cancer  
cáncer

# ¡La Drift de pesticidas es ilegal!



Report all pesticide drift whether you feel sick, or not. See page 8. (See page 8)

By law, your County Agricultural Commissioner must tell you what pesticide was applied and must investigate.

Por ley, el Comisionado de Agricultura del Condado tiene la obligación de decirle qué pesticida ha sido aplicado y debe investigar el incidente.

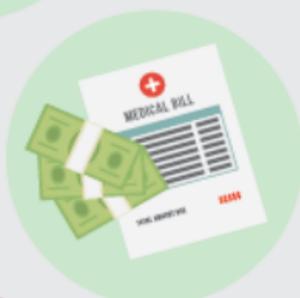


## Las trabajadoras agrícolas tienen estos derechos cuando están expuestas a pesticidas en el trabajo:



Your employer must provide transportation to the doctor or hospital.

Su empleador debe proporcionarle transporte al médico o al hospital.



Your employer must pay for your medical care.

El empleador debe pagar el cuidado médico.



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

No le pueden despedir del trabajo por denunciar un incidente de dispersión de pesticidas ni por haber buscado atención médica.

# ¿Cómo se aplican las pesticidas?

Sprays down abajo  
dirigido hacia la tierra  
the ground



el artilaje de  
pulverización  
Boom Sprayer  
para el suelo



fungicidión  
Fungicide



aplicación  
Application

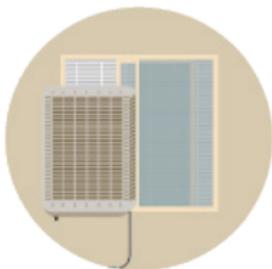


aplicación a través  
por el aire  
Applicator

Sprays arriba y  
por los lados



# 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! envenenamiento por pesticidas!



Tell the doctor what happened and what pesticides were involved. **¡Dile al doctor qué pesticidas estaba involucrado.**

## ¿Quién pagará la cuenta Who will pay your medical bill?

If you were exposed at work, the workers' compensation insurance is required to pay. If you were not at work; the applicator or farmer may have to pay anything not covered by insurance. **Si estuvo expuesto en el trabajo, el seguro de compensación de trabajadores está obligado a pagar. Si no estaba en el trabajo, es probable que el aplicador o el agricultor tenga que pagar cualquier porción que no cubra el seguro médico.**



**Make sure your doctor reports the illness, as required by law.\* Follow the law.\* With the County Agricultural Commissioner on the Comisionado de Agricultura del Condado.**



\*By law, physicians must report suspected pesticide illnesses within 24 hours.  
<https://oehha.ca.gov/pesticides/pesticide-illness-surveillance-pesticide-illness-reporting>  
<https://oehha.ca.gov/pesticides/pesticide-illness-reporting>

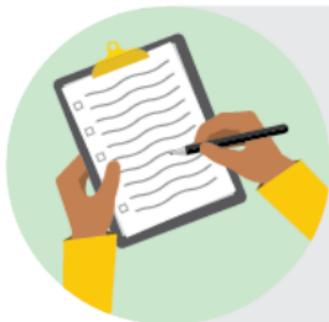
# ¡Always Report Pesticide Drift! How? **CÓ** Reportarla:



Llame al Departamento del  
California County Agricultural  
Commissioner (see p. 12) for los  
contact numbers. It's the job to  
take your report and investigate.  
investigar el incidente.



Download the CASPIR app from the  
Department of Regulation de  
California Department of Pesticide  
Regulation. You can use the app to  
report location and details, or send  
a video report. The state will notify  
your Ag Commissioner.  
Comisionado de Agricultura.



Write every day by copias p. 9-10



Si está gravemente  
If you are seriously ill, call 911.  
enfermo/enferma, llámelo al 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. You can also submit photos or a video report on the CASPIR app, which maps where the drift happened.

## 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 (who?)	Me	Others (who?)
Dizziness..... <input type="checkbox"/>	<input type="checkbox"/>	Onset of asthma attack..... <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"/>
Stomach ache/ nausea..... <input type="checkbox"/>	<input type="checkbox"/>	Chemical taste in your	
Diarrhea..... <input type="checkbox"/>	<input type="checkbox"/>	mouth, sore throat..... <input type="checkbox"/>	<input type="checkbox"/>
Vomiting..... <input type="checkbox"/>	<input type="checkbox"/>	Difficulty breathing	
Fainting..... <input type="checkbox"/>	<input type="checkbox"/>	or shortness of breath..... <input type="checkbox"/>	<input type="checkbox"/>
Rash/Irritation .. <input type="checkbox"/>	<input type="checkbox"/>	Disorientation	
		or confusion..... <input type="checkbox"/>	<input type="checkbox"/>
		Allergy-like reaction	
		(sneezing & runny, itchy nose)..... <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 County Agricultural Commissioner immediately. Call community support groups if you need help! ( see page 14.)

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# File a Report with the County or State Condado o el Estado

Report pesticide drift to your County Ag Commissioner. It's their job to investigate.  
Reporte la dispersión de pesticidas al Comisionado de Agricultura de su condado. El trabajo de ellos es investigar.

Pídale al Comisionado de Agricultura que haga lo siguiente:



- Investigate the drift
- Investigar la dispersion



- Tell you what pesticides were involved
- Decirle a usted cuáles pesticidas estaban implicados



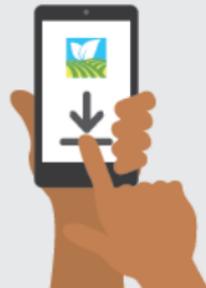
- Test your clothes for pesticide residues
- Probar una prenda de ropa para buscar residuos



- Provide you with a report
- Proporcionarle un informe

To report pesticide drift, download the Department of Pesticide Regulation's CASPIR app on your mobile device. You can file a report anonymously, provide the exact location of the incident, and upload photos and videos.

Para reportar la dispersión de pesticidas, descargue la aplicación CASPIR en su teléfono móvil. Puede presentar una denuncia de forma anónima. Proporcione la ubicación exacta del incidente y suba fotos y videos.



**County****Agricultural Commissioner Phone Number**

Monterey.....	(831) 759-7325
San Diego.....	(858) 694-2739
San Luis Obispo .....	(805) 781-5910
Santa Barbara .....	(805) 681-5600
Santa Cruz.....	(831) 763-8080
Sonoma.....	(707) 565-2371
Ventura.....	(805) 388-4222

If the County Agricultural Commissioner does not respond to your request, call the California Department of Pesticide Regulation and ask for enforcement.

**State of California Department of Pesticide Regulation Offices**

Sacramento Headquarters .....	(916) 324-4100
Central Regional Office, Fresno .....	(559) 297-3511
Northern Regional Office .....	(916) 603-7703
Southern Regional Office .....	(714) 279-7690

# For Farmworkers Exposed to Pesticide Drift in the Field or at Home



**CRLA**

## California Rural Legal Assistance, Inc.

Oxnard .....	(805) 486-1068
Salinas .....	(831) 757-5221
San Luis Obispo .....	(805) 544-7997
Santa Maria .....	(805) 922-4564
Santa Rosa .....	(707) 528-9941
Vista .....	(760) 966-0511
Watsonville .....	(831) 724-2253

## United Farm Workers of America



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



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

Pesticide Information Online

**[www.pesticideinfo.org](http://www.pesticideinfo.org)**

Search this website for information about pesticide use in California  
and health effects of specific pesticides.

# You Are Not Alone

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



**Californians for Pesticide Reform**  
(Statewide)  
(510) 788-9025



**California Rural Legal Assistance Foundation**  
(Statewide)  
(916) 446-7904 ext.110

## CAUSE



Central Coast Alliance United  
for a Sustainable Economy

**Central Coast Alliance United for a Sustainable Economy (CAUSE)**  
(Ventura and Santa Barbara)  
(805) 658-0810



BINATIONAL CENTER FOR THE DEVELOPMENT  
OF OAXACAN INDIGENOUS COMMUNITIES

**Centro Binacional para el Desarrollo Indígena Oaxaqueño (CBDIO)**  
(Monterey and Santa Cruz)  
(Spanish, Mixteco, Zapoteco, Tlapaneco, and Triqui spoken)  
(831) 585-3411



**Lideres Campesinas**  
(Statewide)  
(805) 486-7776



931 E Market St., Salinas, CA 93905

**Safe Ag Safe Schools**  
(Monterey and Santa Cruz)  
(831) 204-6163



**Sonoma SASS**  
(Sonoma)  
(707) 634-4660

## About CPR

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.



Californians for Pesticide Reform  
2029 University Ave, #200  
Berkeley, CA 94704-1015  
[www.PesticideReform.org](http://www.PesticideReform.org)

© design 2021 Cassandra Beckmann