



Pesticides can make you sick!

Common symptoms of pesticide poisoning



Rash or irritated skin



Trouble breathing



Sweating a lot



Red, watery, or irritated eyes



Nausea, throwing up



Feeling dizzy



Headache, confusion



Pain in the chest



Coughing up phlegm

If you are feeling confused all of a sudden, have trouble breathing, can't stop shaking, or faint, you or someone else should call **911** to get help. For first aid tips or advice after a pesticide exposure, contact the California Poison Control System at **1-800-222-1222**.