

OUR HOSPITAL IS PROUD OF HOW WE PROTECT YOUR NEW BABY AND YOU FROM TOXIC CHEMICALS



Our hospital protects our patients and staff by making sure that you and your baby are not exposed to insects and rodents or harmful pesticides that are often used to kill pests.

We manage pests safely without using harmful pesticides. Our goal is to keep pests out. We do this by making sure that we do not keep things around that insects or rodents like to eat or drink. We make sure that there are no leaking faucets. If we find a hole or opening along a wall, we seal it up. If we see a gap under a door, we put on a door

sweep. That way ants, mice, roaches and flies cannot enter, find food or find a place to deliver their babies. We always look for signs of pests. When pests are still a problem after taking all these steps to prevent them or get rid of them, we only use the least-toxic pesticides.

Talk to us about how to make your home safe for your family –and especially your new baby.

Get your free resource guide, "Pesticides: The Risks, Prevention and Healthier Choices."

For more ideas and helpful resources on how to protect your baby and your family contact:

- Maryland Pesticide Network at www.mdpestnet.org or call **410.849.3909**. Get your free resource guide, "Pesticides: The Risks, Prevention and Healthier Choices." This guide can be downloaded at www.mdpestnet.org/resource and is also available in Spanish.
- Beyond Pesticides at www.beyondpesticides.org or call **1-800-NoPoison**. Get information on managing pests safely, pesticide fact sheets and pest control companies in your area that practice Integrated Pest Management (IPM). In IPM, the focus is on preventing and managing pests without pesticides. Least-toxic pesticides are only used as a last resort.

This brochure is produced by the IPM in Health Care Facilities Project (a partnership of the Maryland Pesticide Network and Beyond Pesticides), in collaboration with MD Hospitals for a Healthy Environment) in cooperation with UMMC. The brochure can be downloaded at www.mdpestnet.org/projects/ipmHealthcare.html and www.beyondpesticides.org/hospitals. It is also available in Spanish.

Make your home safe for baby

PROTECT YOUR BABY FROM HARMFUL PESTICIDES



There are simple ways you can keep pests out of your home without using pesticides that can cause health problems for your new baby and the rest of the family.

Pesticides are chemicals that are used to poison and kill insects, rodents, and weeds. Because these chemicals are made to kill living things, they can also be harmful to your baby's health.

*The good news is that **there are safe ways** to keep pests out of your home without the use of these chemicals.*



THE PROBLEM WITH PESTICIDES

Babies and young children are at greater risk for health problems caused by contact with household pesticides. Pound for pound, children drink 2.5 times more water, eat 3-4 times more food, and breathe 2 times more air than adults. Because of this, they also take in higher amounts of chemicals and pesticides than do adults.

There are three ways in which babies and children get sick from pesticides used in homes and yards—through their mouth, through contact with their skin, and by breathing them in. Infants and children crawl on the ground and put things in their mouths (including their hands) where pesticides may have been applied. Grass for example, may be treated with pesticides in public areas, including athletic fields and playgrounds.

Children in homes that use pesticides have more health and behavior problems. Pesticides can cause or make worse:

- Breathing problems, such as asthma
- Nausea
- Vomiting
- Diarrhea
- Numbness
- Muscle and joint pain
- Dizziness
- Rashes
- Ear, nose and throat irritation
- Blurry vision
- Mental confusion

Pesticides may also cause:

- Cancer
- Birth defects
- Miscarriages
- Asthma
- Diseases of the nervous system
- Low sperm counts and infertility
- Learning and behavior problems
- Autism Spectrum Disorders (ASD)
- Attention-Deficit/Hyperactivity Disorder (AD/HD)
- Delays in a child's development



4 PESTICIDE-FREE STEPS YOU CAN TAKE TO HAVE A PEST-FREE HOME

STEP 1: *Don't feed pests (roaches, ants, mice, rats, flies and other pests).*

- Don't leave food out; put away food and clean up crumbs.
- Wash dishes as soon as possible.
- Store all food in your refrigerator or cabinets in containers with lids or in closed plastic bags. Open food boxes invite bugs.
- Keep your stove grease-free.
- Store pet food in an air tight container.
- Store trash in clean garbage cans with lids.



STEP 2: *Keep pests out.*

Insects and spiders can squeeze through a space just 1/16 of an inch. Mice can squeeze through a hole the size of a dime and rats can squeeze through holes the size of a quarter. Seal all holes and keep them out! (You'll also save on energy bills.)

- Put door strips on all outside doors; this can cut down your pest problem by 65%.
- Seal your baseboards with caulk so there are no spaces for bugs to enter. Caulk cracks around windows and doors.
- Fix holes and tears in window and door screens.
- Use spring traps or live-capture traps for rats and mice.
- For ants, use soapy water along the 'trail' of the ants and leave a soapy 'film.'
- A few drops of mint oil on cotton balls help to keep flies and mice away.



STEP 3: *Use pesticide free household cleaning, anti-germ and baby care products.*

- Read labels carefully and do not use products whose labels state that they are "toxic." The more serious the safety warning on a product, the more likely it poses a health risk to your baby and family. Use safe, natural products instead. Chemicals in household products have strange and/or long names like formaldehyde, phenol, benzene, toluene, 1, 4-dioxane methylene chloride, phosphoric acid, nonylphenol ethoxylate, and nitrobenzene.
- Use soap and water to get rid of germs. It is as effective as soap products that say they are "antibacterial" or "antimicrobial" (which means they may contain pesticides). Plus, plain soap and water costs far less.
- Avoid using antibacterial and other products that contain triclosan or triclocarbon.
- Look for chemical-free baby products including diapers, baby wipes and baby body care products.



STEP 4: *Keep away from sprayed areas.*

Stay away from freshly sprayed parks, buildings, sports fields, golf courses, and other pesticide-treated grounds. Don't sit, lie or play on areas that have been sprayed in the past few days. In Maryland, companies must put up yellow signs saying the area was recently treated with pesticides.

If you hire a pest control company make sure they practice Integrated Pest Management (IPM) and only use least-toxic pesticides as a last resort. Ask what products they use.





PURCHASE NON-CHEMICAL PRODUCTS

COMPANY/PRODUCT	STORES/PHONE NUMBERS	WEBSITE
<p>Caulk for sealing cracks and crevices Can be bought in some supermarkets and hardware stores. However, since most caulk products also have chemicals that are not good for your family, we suggest you buy non-toxic caulk.</p>		
Safecoat Caulking Compound	1-800-583-9523	www.healthyhome.com
<p>Products for cockroaches, stink bugs and ants</p>		
Native Organics Ant and Roach Killer Use coupon code for new moms discount: MDPN0811	1-888- 653-5900	www.nativeorganicsllc.com click on the tab marked "Store"
Ecosmart Ant and Roach Killer	Available at Stop, Shop N Save, Shoppers and Super Fresh	www.ecosmart.com
St. Gabriel Organics Ant Eater, Bug Shooter and Stink Bug Shooter	Available at Whole Foods	www.stgl.us

COMPANY/PRODUCT	STORES/PHONE NUMBERS	WEBSITE
<p>Baby care products</p>		
Seventh Generation diapers and baby wipes	Most supermarkets, Babies R US	www.seventhgeneration.com/products
Earth's Best baby body care products; diapers and baby wipes	Most supermarkets, Babies R US	www.earthsbest.com
<p>Non-chemical cleaning products</p>		
BioKleen, Earth Friendly, Ecover, EarthWorm, Method, Seventh Generation	Most supermarkets or online	www.naturallysafecleaning.com www.ecos.com, www.ecover.com/us/en, www.methodhome.com, www.seventhgeneration.com/products
Native Organics	Use new moms coupon code: MDPN0811	



IF YOU HAVE BED BUGS, YOU DON'T NEED TO USE PESTICIDES

Follow the 4 steps in this booklet for preventing and getting rid of pests to help prevent bedbugs. But if you do have a bed bug problem:

- You or your pest control company can get rid of bed bugs by using steam, heat or frozen CO2 to kill the bed bugs. Pesticides are not needed. The company may tell you the chemical pesticides are "safe," but they are not safe - especially for your baby and other children. Many companies no longer even use chemical pesticides because they have found that most bed bugs today are not killed by pesticides. Other non-chemical products you can use are listed below.
- Cover your mattresses (including the baby's crib mattress) in a special cover sold to kill bedbugs *after* your home has been cleaned of the bugs.

Eliminating bedbugs

- Vacuum all furniture, bed frames, mattresses and floors well and place the vacuum cleaner bag in an outside trash container right away so that the bugs are no longer in your house. Wash all your family's clothes, towels and sheets in a washing machine and then dry them at high heat in a dryer for 30 minutes to kill the bugs.
- You can buy a small plug-in de-bugging "oven." Place your belongings inside it and turn the heat on. After a few hours all bed bugs and their eggs will be dead. You can use the device to de-bug clothing, children's toys, dry clean only clothes, books, backpacks, pillows, shoes and more.



NON-CHEMICAL, SAFER PRODUCTS YOU OR A PEST CONTROL COMPANY CAN USE

COMPANY/PRODUCT	STORES/PHONE NUMBERS	WEBSITE
Native Organics Bed Bug Killer Use coupon code MDPN0811 for new moms discount.	1-888 -653-5900.	www.nativeorganicsllc.com Click on "Store" tab
Ecosmart Bed Bug Killer for Mattresses & Carpets and Bed Bug Killer for Cracks & Crevices	1-877-667-0006 Wal-Mart, Home Depot, Shoppers, Lowe's and Stop, Shop and Save.	www.ecosmart.com
Eco EXEMPT IC2	A non-chemical product used by some pest control companies.	

- Make sure to spray all furniture, mattresses, carpets, and all your belongings regularly until the bugs are gone, as well as after they are gone to keep your home bed bug free.
- You can also use bed bug products in cracks and crevices and along baseboards and behind wall sockets to get rid of and prevent bed bugs.



GETTING RID OF HEAD LICE

Most shampoos sold for getting rid of lice, have pesticides in them. These pesticides (such as *Lindane*, *Permethrin* and *Malathion*) have been shown to be harmful to children. They also don't work as well as such non-chemical methods as combing lice out after putting coconut oil on your hair. The coconut oil makes combing lice out easier. You can buy a special comb made for taking out lice, the *LiceMeister*, sold at most pharmacies. You can also order it by calling 1-800-323-1305. Wash out the comb in soapy water as you remove the lice. Pick out all lice that you can see.



Heat is another safe option when killing lice. After combing out lice aim a blow dryer at sections of the head for 30 minutes. Or you can buy a "lousebuster," which is a dryer made especially for killing lice. One study shows that heat works better than chemical shampoos.

Chemical-free lice shampoos can also be bought in stores and can be ordered from companies such as X-Pel (www.xpelheadlice.com/where.htm) or ClearLice (1.800.294.6816). For details on how to remove lice, go to headlice.org/downloads/tipsremoval.htm.

Also, follow the bed bug plan for washing and drying bedding and clothes and vacuuming for head lice control.



DON'T USE PESTICIDES ON YOUR LAWN, GARDEN OR OUTDOOR PLANTERS

- Don't use pesticides on your lawn or plants. You can have good looking and healthy pesticide-free gardens and plants.
- Use a simple soil test, sold at nurseries and hardware stores, to figure out if your soil is too acidic or needs more acid and what organic garden products are best for making your soil healthy and weed-free. For example, your soil may simply need some calcium, magnesium or zinc.
- Feed lawns and plants with compost or a natural organic fertilizer instead of fertilizers with toxic chemicals that hurt earthworms and other helpful life in the soil.
- Set your lawn mower to 3" as taller grass crowds out weeds.
- If you use a lawn care company, hire a company that practices chemical-free land care.

