

## A. General Information

- Pesticides are poisons and therefore dangerous to humans and the environment, especially when not used properly.
- Pesticides, their toxic metabolites or their reaction products can cause acute toxicity symptoms or long term effects, which mainly affect the immune nervous and reproductive systems as well as affect other systems that can interfere with developmental biology. In addition some pesticides and subsequent metabolites are known to be genotoxic, mutagenic and carcinogenic.



## B. Advise to the General Public

- ⇒ Do not eat or cook unwashed vegetables or fruits. They may contain pesticides and even if you do not have symptoms of acute poisoning, there is a risk of indirect effects which can be serious.
- ⇒ Do not keep unwashed fruits or vegetables in the refrigerator. There is a possibility of contaminating other foods or may be consumed unwashed by children.
- ⇒ Keep fruits and vegetables out of the refrigerator for as long as possible, as degradation of pesticides is easier at room temperature.
- ⇒ It is recommended to wash fruits with mild soapy water and rinse thoroughly with plenty of running water. Although all pesticides can not be removed, you can minimize exposure from “surface” pesticides.



- ⇒ Always wash and remove the peels from citrus before making juice.
- ⇒ Remove the fat from meat to reduce pesticide exposure as pesticides are known to accumulate in fat.
- ⇒ Before using products containing pesticides, such as sprays, read the instructions of the product carefully.
- ⇒ Cover food, utensils and working areas in the kitchen before spraying.
- ⇒ Store properly pesticide containers and keep them away from kids and pets.
- ⇒ If there are wounds or abrasions on your skin, cover them before you come into contact with pesticides.
- ⇒ Placing devices such as insecticidal packets or spirals near the window, you effectively prevent insects from entering the room and further reduce the need to apply additional pesticides. In this way you prevent insects from entering the room and minimize dangerous effects from pesticides.



### C. Advise to vulnerable groups such as children and pregnant women

⇒ Children are more vulnerable to pesticides compared to adults. Children are exposed to pesticides through consumption of food, water, through the air they breath or by direct contact with soil or other sprayed surfaces at home and schools or other public places such as parks.

⇒ Children are unaware of the health risks associated with hazardous pesticides. Their safety depends on their parents proactive approach at minimizing pesticide exposure. Protection should



begin before pregnancy and must continue until the child has reached maturity.

⇒ Pesticides can be passed from mother to child through breast milk. Breast feeding is a gift for the child, because it strengthens the child's immune system, therefore women should prepare their body to give their baby the best nutrition.

- ⇒ Contact with unwashed fruits or vegetables should be avoided by children. Explain the risk and protect them.
- ⇒ Pregnant and nursing women are in a high risk group for the negative effects of pesticide exposure.

**Avoid contact with pesticides and do not approach sprayed places.**  
**Risk is high, especially in the early months of pregnancy**

#### State General Laboratory

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## Minimizing Exposure to Pesticide Residues



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