

Fresh Facts for Allergy Season!

Spring Health Tip Sheet for Healthy Families

- When using insect repellants that contain DEET or other FIFRA-registered insect repellents, follow the instructions on the label and was off before going to bed.
- Never throw unused pesticides in the trash or pour down the drain. Consult the product label or contact your local waste management authority to find out how to safely dispose of partially filled cans.
- Never reuse empty containers. Place them in the trash, unless the label specifies a different procedure.
- When prepping your pool for summer use, make sure swimming pool chemicals are stored in a safe and secure place, out of the reach of children.
- Do not eat wild berries and/or wild mushrooms until you have them identified by a Poison Control Center as safe to eat.
- Set your thermostat as high as comfortably possible in the spring. The smaller the difference between the indoor and outdoor temperatures, the lower the cost of your overall bill.

