



WASHINGTON  
**Environmental  
Biomonitoring**  
SURVEY

### ***What are Pyrethroids?***

They are a common chemical class of insecticide. Active ingredients include bifenthrin, cyfluthrin, cyhalothrin, cypermethrin, deltamethrin, esfenvalerate, and permethrin.

### ***Why does the Department of Health want to know about pyrethroid exposures?***

Department of Health works to protect health through prevention and education. Pyrethroids are common insecticides, but until recently, there was no easy way to measure pyrethroid levels in people. In this study we will test urine to help us understand how much of these chemicals are in the bodies of people in the general population and in people who routinely work with pyrethroids.

### ***Why should I help?***

By participating in this study, you will help us:

- Learn how work practices affect the amount of pyrethroids that get into the body.
- Improve continuing education for licensed applicators on the best ways to reduce exposure.
- Let doctors know what is typical for someone who works in your industry.

### ***Will I receive anything if I take part?***

- \$25 VISA gift card for each day you participate, collect three urine samples and complete a questionnaire.
- Up to \$75 total for three days of participation.
- A letter with the overall study results in about 12 months.

***For more information call  
1-877-494-3137***



## ***Pest Management Professionals***



***Washington State  
Department of Health  
invites you to take part  
in an important study  
to learn about exposure  
to pyrethroid pesticides***



### ***How was I selected?***

Your name was selected because you are a licensed pesticide applicator with a PCO general or PCO structural license endorsement. We selected people who live in Snohomish, King, Pierce, Thurston, or Clark County.

### ***What will I be asked to do if I volunteer?***

- Provide three urine samples:  
one after work, one before you go to sleep for the night, and one first thing the next morning.
- Freeze the urine until we pick it up.
- Answer questions about your day's pyrethroid use and work practices.
- Answer questions about pesticides at home.

### ***What if I don't want to take part?***

Taking part is your choice. If you choose to participate in the study, you can still skip any question you don't want to answer. You can leave the study at any time.

### ***Who will know my test results?***

Only the Department of Health study team will know who is participating in the study and the results. We will keep your name separate from your results in our records. We will not share the results with your employer or anyone else. We will report only on the results of the study group as a whole, not on individual results.



### ***What happens next?***

Please call us toll-free at 1-877-494-3137 so we can arrange a time to explain the study to you in person. If we don't hear from you in the next week, someone from our field team will try to reach you at home.

---

*We believe that the study will help all of us better understand which work practices contribute to pyrethroid exposure and we'll use this information to improve our pesticide safety education.*

— Carrie Foss, Washington State University,  
Pesticide Safety Education Program

---

***Receive a \$25 VISA gift card for each day you participate — Up to \$75 total for three days***

***For more information call 1-877-494-3137***