



## **A MINUTE OF HEALTH WITH CDC**

### *Avoid the Fog*

*Acute Illnesses and Injuries Related to Total Release Foggers — 10 States, 2007-2015*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Trying to be a do-it-yourself exterminator might save you some money, but if pesticide instructions aren't followed closely, bugs won't be the only ones who suffer. Total release foggers, also known as bug bombs, are among the most common products used to kill indoor pests. These products work by filling indoor air with a poisonous fog to kill roaches, fleas, and other insects. Over a nine-year period, nearly 3300 people in 10 states became ill from using foggers. The most common mistakes included failing to leave the home during use of bug bombs and returning too soon after application. If you use a fogger, read and follow all instructions.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [cdc.gov](http://cdc.gov) or call 1-800-CDC-INFO.*