



Green Tobacco Sickness (GTS) is a form of nicotine poisoning that may be contracted by handling wet, fresh, green tobacco leaves.

Symptoms of GTS include nausea, vomiting, weakness, dizziness, stomach cramps, difficulty breathing, paleness, excessive sweating, headache, and fluctuations in blood pressure and heart rate. These symptoms may present themselves in as little as one hour after starting work and can last from 12 to 48 hours.

GTS is debilitating, resulting in discomfort and lost productivity. It is always wise to seek medical advice when these symptoms occur.

Take Steps to Stay Safe

1



STAY COVERED

Wear protective clothing to reduce skin contact. Wash hands and body with warm soapy water after working with green tobacco.

2



STAY DRY

Avoid wearing wet clothes and handling wet leaves. Regularly change clothing that is wet or soaked with tobacco sap.

3



STAY COOL

Keep your cool to avoid GTS. If possible, work on cooler days in drier conditions, take breaks and limit harvesting to 7 hours. Increase fluid intake and avoid alcoholic beverages. If necessary, seek medical attention.



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