



PESTS AND PESTICIDES

Many families are bugged by pests. Cockroaches, flies, moths, rats and mice carry disease and can get into food. Bed bugs live on blood and can cause skin rashes and infections. Asthma and allergies can be worse for children who live in homes with pests. Droppings from mice, rats and cockroaches can make kids sick. Children with eczema or other skin rashes can be affected by pests. Parents should let doctors know about a pest problem in the home.

Toxic pesticides include bug sprays, pet flea collars, rat poison and garden weed killer. Some pesticides can cause poisoning, birth defects, nerve damage and cancer. Children are at risk because they crawl, play on floors and put their hands in their mouths.

Children who are exposed to pests or pesticides may have allergic reactions like watery eyes, itching, stuffed up noses, trouble breathing or rashes. Pesticides can trigger asthma attacks and poison your children.



Stop roaches and mice by using closed baits, mouse traps and gels.



To kill roaches, use Boric Acid Powder and puff behind appliances and under sinks, away from children and pets.



Clean your home of dead roaches and their droppings to avoid allergic reactions.

LOW COST FIXES TO STOP OR KILL PESTS AND PREVENT POISONINGS

- Stop roaches and mice without pesticides. Try using closed baits, mouse traps and gels.
- Use glue traps to identify type of pest problem if you do not know what pests you have.
- To kill roaches, use Boric Acid Powder and puff behind appliances and under sinks away from children and pets.
- Use steel wool to plug any holes that mice, rats, or other pests can get in.
- Use caulk to seal cracks and crevices where pests can get in your home.
- Control fleas by washing pet bedding often, shampooing pets, vacuuming floors and using flea combs and traps.
- Never use illegal roach chalk. It is very toxic to children.
- To prevent mosquito bites outdoors apply bug repellent to child's clothing.
- For bed bugs, call an exterminator! Store-bought chemicals will not kill bed bugs.
- When using a pesticide to kill pests make sure safe procedures are followed. **READ ALL DIRECTIONS. STORE ON HIGH SHELF OUT OF REACH OF CHILDREN.** Be sure to completely cover bedding, toys and stuffed animals with sheets or plastic covers **BEFORE PESTICIDE IS USED.** Children should not be allowed in the rooms being treated for several days. Wash all sheets and bedding before you reuse them.
- Clean your home well after treating for roaches to reduce allergies to the dead roaches and their droppings.

WAYS TO PREVENT PESTS FROM GETTING IN YOUR HOME



Wipe off counters and vacuum floors daily.



Check things like leafy greens, bags and boxes for roaches before bringing them inside.



Keep a tight lid on trash buckets inside and out; empty them often.

- ▶ Pests need water! Fix leaks, and do not leave dishwater in the sink overnight. Pet water bowls should be emptied and dried every night.
- ▶ Pests need food! Make sure people in your home eat at the table. Wipe off counter crumbs and vacuum floors daily. Pet food bowls should be emptied, washed and dried every night.
- ▶ Keep a tight lid on trash buckets inside and out; empty them often.
- ▶ Store rice, pasta, oats, flour, sugar and cereal in tightly sealed containers or in the refrigerator.
- ▶ Clean up dirty dishes after eating. Never leave them in the sink overnight.
- ▶ Pests need shelter! Get rid of stacks of newspapers, paper bags and cardboard boxes that make good homes for pests. Recycle them if you can.
- ▶ Check things like leafy greens, bags and boxes for roaches before bringing them inside.
- ▶ Teach your children not to share combs, hats or coats at school or day care.
- ▶ Keep a clean Home. Wash children's hands, bottles, pacifiers and toys often. Regularly clean floors, windowsills and other surfaces.

RESOURCES

For more information: Contact your local Health Department and landlord.

You can reach your local Poison Control Center by calling 1-800-222-1222 from anywhere in the country. Put this number next to all of your telephones and where you store hazardous products.

EPA Office of Pesticide Programs • 703-305-5017 • www.epa.gov/pesticides

National Pesticide Information Center • 800-858-7378 • www.npic.orst.edu

Food and Drug Administration Food Safety Information Service Hotline
1 888 SAFE-FOOD (1 888 723-3363)

For more information on nontoxic pest control contact the BIO-Integral Resource Center
510-524-2567 • www.birc.org.

