

Win the War on Pests

*An Effective, Common-Sense Approach
to Integrated Pest Management*



Pests Have an Appetite for Destruction

There's a battle being waged in your home right now — and you may be on the losing side!



You see, your home's year-round warmth and moisture attract creepy crawly pests just like ringing the dinner bell. Once inside, ants, roaches and other nasty critters love the same things you do — things like sweets, a quiet spot to curl up in and a cool drink of water. Worst of all, they invite their friends! After they find a food source, ants lay down a chemical trail for the rest of the colony to follow ... a colony that may contain thousands of ants!

What Are You Doing Wrong?

Insects and rodents can contaminate food, chew up your belongings, and make allergies and asthma worse.

It is important to regularly check your home, including the nooks and crannies for any possible signs of pests or termites. Catching any potential activity early on will help save you more hassle down the road. Homeowners often just make matters worse: They turn to ineffective “home remedies.”

Introducing Integrated Pest Management

Integrated Pest Management (IPM) is a commonsense approach based on a simple premise: *The best way to prevent pest problems is to correct the conditions that contribute to them.* Quite simply, Integrated Pest Management focuses on eliminating the food/water and harborage sources and entry points that invite pests into your home in the first place.

Pests need hiding places, food and water to survive and multiply. Caulking the crevices in your kitchen, cleaning up even the smallest crumbs of food, and eliminating puddles and leaks are all simple techniques that get to the root of the problem.

IPM Is a Partnership, Too

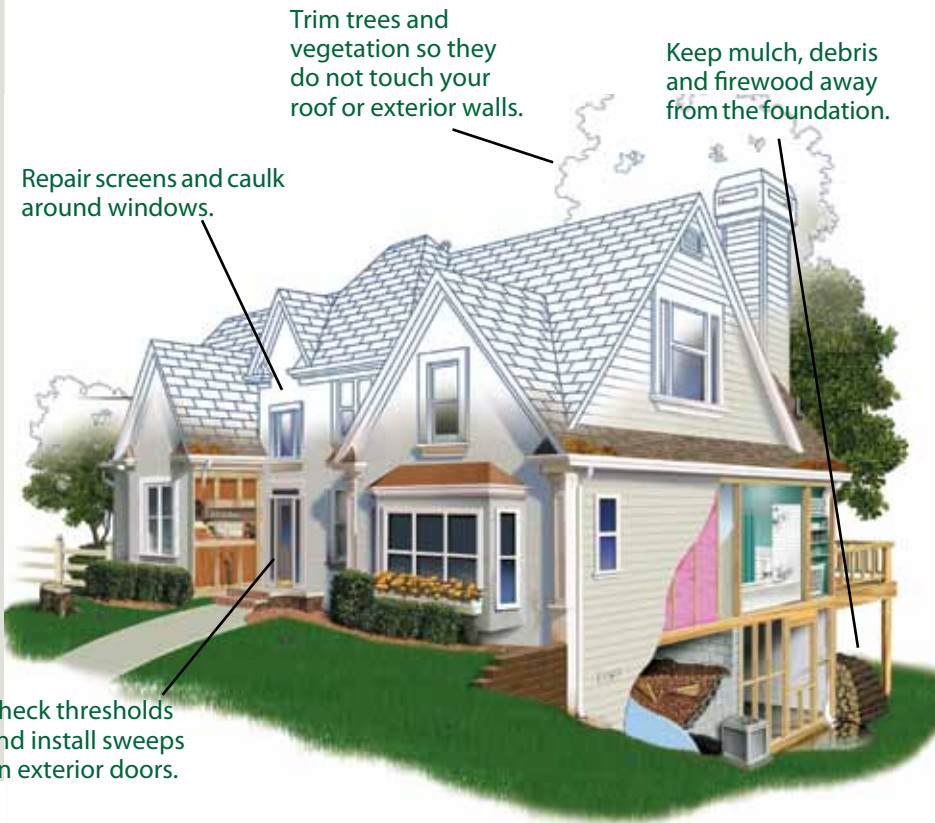
Successful Integrated Pest Management is a partnership. Working with a licensed pest control professional, you can:

- ✓ Identify which pests are present and where they are active.
- ✓ Identify contributing conditions.
- ✓ Determine the proper pest control strategies, including what treatments may be necessary.



3 Steps to Integrated Pest Management

- 1) Prevention** — Prevent pests from invading in the first place by sealing cracks, repairing screens and vents, and otherwise blocking access into your home.
- 2) Practices** — Cultural practices are things you can do to discourage pests, such as sealing up garbage cans and practicing good sanitation to remove sources of food, water and shelter.
- 3) Next Steps** — Determine areas requiring treatment, selecting and implementing the appropriate treatment procedures.



Launch a Search and Destroy Mission

Integrated Pest Management is about using an effective and environmentally sensitive approach to solve your pest problem. And, because each species requires specific control, the first step is to determine which pests may be in your home and where they're hiding.

Unfortunately, you can't always see them. Or, you may see only the tip of the problem until an infestation has gotten out of control.

What to Look for

- ✓ The two traces of cockroaches you are most likely to see are their droppings (dark smudges with dark dots) and their eggs (small yellow, ribbed cases the size of a small fingernail).
- ✓ Rodents will typically leave chew marks on woodwork and food containers. Their droppings are brown and shaped like rice grains.
- ✓ Subterranean termites build mud tubes through foundation cracks, on the surfaces of walls and alongside plumbing pipes. Other signs include large swarms and damaged or blistered wood.
- ✓ Carpenter ants typically pile up frass — which is made up of wood shavings, bits of soil, dead ants and parts of insects — outside nest openings.

Know What You've Got

Start by using un-baited “sticky” traps to catch pests as they crawl over them. This will help determine the extent of pest activity.

The best method may be to simply explore the nooks, crannies and dark corners of your home with a flashlight, looking for signs of pest activity. Here, a pest control professional can help, by knowing where pests normally hide, breed and live.

Starve 'em Out

Crumbs in a toaster oven, fruit peels left in a sink, even grease spots on your stove top are all meals fit for pests.

- Store boxed or loose food in tightly sealed containers.
- Trash cans (preferably metal) and recycling containers should have tight-fitting lids. Regularly clean them inside and out.
- Put away all food at night, washing dishes and wiping down the stovetop, counters and tables. Sweep up or vacuum away any crumbs on the floor.
- Don't leave pet food out overnight (to store large bags of pet food, use a metal garbage can with a lid).
- Remove water sources by fixing leaky faucets (you may only need to replace a rubber washer or two).
- Use your bathroom window or fan to vent steam after showers and baths to avoid condensation buildup.
- Use rubber drain covers or metal drain screens to close off drains in showers, bathtubs and sinks when not in use.

Creepy Fact:
Scorpions can live for more than a year without eating.



Clean 'em Out

Regular cleaning (especially with a vacuum) is one of the most powerful tools for removing food particles and even the eggs and debris that pests leave behind.

- Use two buckets of warm water: one with soap and another with clean rinse water. Change the water often to avoid spreading insect eggs and waste.
- Unplug appliances such as toasters, countertop grills, microwave ovens and clocks, then vacuum them out.
- For serious infestations, seal the appliance in a plastic bag and put it in the freezer overnight.
- Change vacuum cleaner bags regularly, disposing of them outside to prevent them from becoming a breeding ground for pests. Likewise, clean vacuum cleaner filters outside.

Where to wash:

- Under the stovetop, inside burners, and under and behind the stove, refrigerator and dishwasher.
- Inside the rubber seal of the refrigerator door.
- Inside drawers, cabinets and shelves in the kitchen and bathroom.



Termites

Subterranean, Drywood, Dampwood, Formosan

The Homeowner's Worst Fear

Found almost everywhere in the United States, termites are among the pests most feared by homeowners — and with good reason! More than 1 million termites can live in a large colony, and there can be as many as 20 colonies in one acre of land. Dampwood termites nest in wet wood, while Drywood termites nest above ground in dry wood. Subterranean termites build their nests in soil, but once they find the wood in your home, they tunnel in and feed on the sills, studs, floors, subfloors and baseboards.

Creepy Fact: The Formosan termite, a relative newcomer to the United States, can devastate a house in less than a year.

Control Tips:

- ✓ Use pressure-treated wood for fences, sheds and play equipment that contacts soil.
- ✓ Remove wood piles, stumps, untreated fence posts and buried scrap wood.
- ✓ Make sure crawlspaces and other substructures are well-ventilated and dry.
- ✓ Immediately repair foundation cracks.

For any infestation, contact a professional for help. Termite control products licensed only for use by a pest control operator are usually necessary to control subterranean and dampwood termite infestations.



Ants

Carpenter, Pharaoh, Pavement, Little Black Ant, Lawn, Fire Ant, Odorous House Ant, Crazy Ant

Tips for When Trouble Comes Marching in

Ants show up at more than just picnics. They will invade your kitchen to feed on jellies, shortening, peanut butter, corn syrup, fruit juices, soft drinks, greases, dead insects and even shoe polish. Carpenter ants, while they don't eat wood, will chew galleries inside wood to make their nest.

Control Tips:

- ✓ Trace the ant column back to the point of entry and plug it up with caulk or petroleum jelly.
- ✓ Remove the attraction by cleaning up food sources. Cut off water sources by fixing drips and removing dishes left out to dry overnight.
- ✓ Remove infested potted plants.
- ✓ Spray invaders with soapy water as soon as they enter.



Cockroaches

Brownbanded, German, Oriental, American, Wood

Is Your Home Roach-Friendly?

Cockroaches thrive in warm environments that provide food, water and shelter. They hide in cracks and other dark places during the day and come out at night to feed. You need to integrate several strategies to make your home a less roach-friendly environment. Ultimately, the best defense against cockroaches is a clean kitchen and bathroom.

Control Tips:

- ✓ Remove food and water sources (even tiny crumbs or liquids in cracks provide good food sources).
- ✓ Vacuuming can remove a significant number of cockroaches and egg cases. To avoid airborne debris, use vacuums with a high efficiency particulate air (HEPA) filter.
- ✓ Remove old newspapers, boxes and other clutter in kitchens and bathrooms.
- ✓ Contact a professional before attempting to use a fogger, bombs or aerosol sprays.

Creepy Fact:

A cockroach's head will live and respond for at least 12 hours after it has been decapitated.



Fleas

Control Starts With Your Pets

Keeping biting fleas out of your home means controlling them on your pets. Fortunately, a number of effective products are available for controlling fleas on your pets. Contact your veterinarian to find the best solutions for your specific pet.

Control Tips:

- ✓ By treating your pets regularly for fleas, professional treatments of carpeting and rugs will not likely be needed.
- ✓ Treat every cat and dog in the house, whether or not they go outside and whether or not you can actually see fleas on them.
- ✓ Regularly vacuum and launder areas where your pet rests (and dispose of the vacuum bag immediately).

Creepy Fact: During a typical infestation of 500 fleas, 20,000 eggs can be left around your home in just three days.



When to Call in a Professional

Effective Integrated Pest Management is a partnership. You'll need to do your part by keeping your home clean and well-sealed, as well as utilizing the cultural practices outlined in this booklet (proper sanitation, regular house cleaning, etc.).

The other part of the partnership is an experienced pest control professional. It always helps to talk to the exterminator about your current prevention practices and see if they can provide additional insight. And realize that pest control is an ongoing process — some pest problems require several visits. A lot of exterminators provide eco-friendly lines of their products, which you can inquire about during their visit.

Did you know: If you rent, your landlord is generally required to keep your home pest-free and must hire a professional if necessary.



Using Pesticides Safely

Think Before You Spray

It's important to understand that Integrated Pest Management does not preclude the use of pesticides. Many times, pesticides are not used. But in some cases, pesticides are necessary for best results.

Whether you do it yourself or call in the pros, take a minute to perform a pesticide reality check. Remember that pest control is not the same as pest elimina-

tion. Insisting on getting rid of all pests inside and outside your home will lead you to make more extensive, repeated and possibly hazardous chemical treatments than are really necessary. Ultimately, you'll want to use the least toxic chemicals in the least amounts that will provide the most impact on your pest problem.

Words to Watch For:

The label on pesticide containers will tell you how to use the product safely. Follow all instructions for protecting yourself and others. Certain words indicate a pesticide's potential for making you sick.

CAUTION — This appears on pesticides that are the least harmful to you.

WARNING — A pesticide with this word is more poisonous than those with a caution label.

DANGER — Pesticides with this word on the label are very poisonous or irritating. They should be used with extreme care.

EPA Registration Number — This number tells you that the EPA has reviewed the product and determined that it can be used with minimal or low risk if you follow the directions on the label properly.

