

Healthy Homes Training

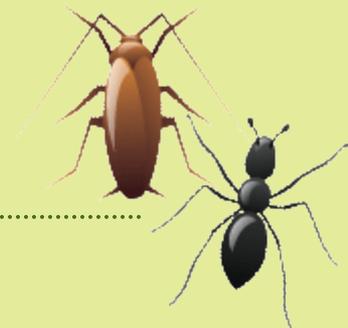
PESTS AND PESTICIDES



Healthy Homes is a program of the Southern New Jersey Perinatal Cooperative with funding by the New Jersey Department of Health and Senior Services
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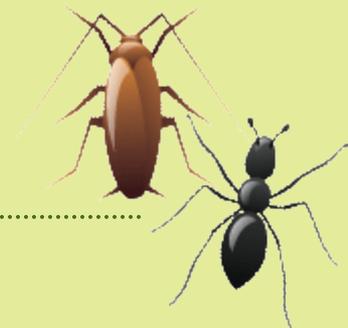
Why Parents Should Care About Pests and Pesticides

- Some pests, such as cockroaches and mice can trigger asthma or asthma symptoms.
- Pests, such as flies, can carry disease.
- Pests can affect children with eczema and other skin rashes.
- Some pest-control products are poisonous and can cause birth defects, nerve damage and cancer.



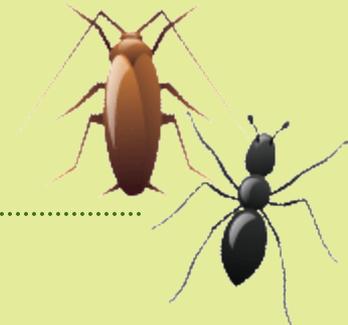
Presentation Goals

- Learn three non-toxic ways to manage pests.
- Identify types of pests you may have.
- Understand the connection between pests and asthma or skin conditions.
- Prevent pests from getting into your home with simple, low-cost actions.



7 Healthy Homes Principles

1. Keep it **DRY**
2. Keep it **CLEAN**
3. Keep it **PEST-FREE**
4. Keep it **SAFE**
5. Keep it **MAINTAINED**
6. Keep it **VENTILATED**
7. Keep it **CONTAMINANT-FREE**



Common Household Pests

Bed Bugs



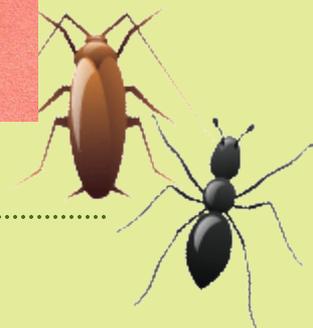
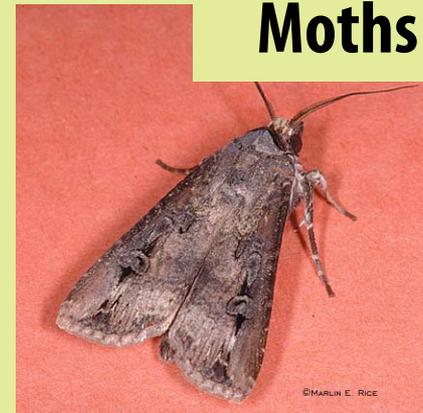
Rats

- Moths
- Flies
- Cockroaches
- Mice and Rats
- Bed bugs

Cockroaches

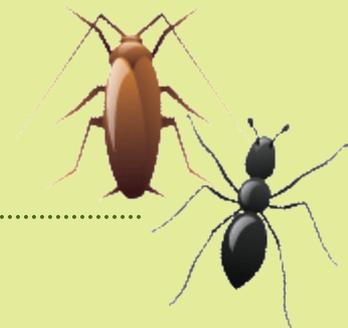


Moths



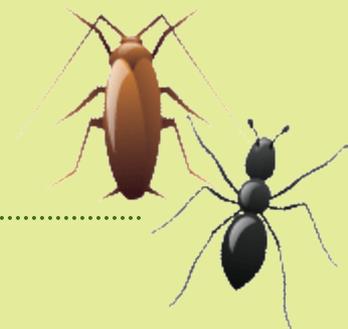
Bed Bugs

- Bed bugs feed off of blood.
- They are known as “hitch-hikers.”
- Anyone can have bed bugs.
- They are mainly found on beds, sofas and clothing.
- They can live without eating for about a year.
- They are difficult to kill.
 - Store-bought remedies won't work.
 - Exterminator is needed.



Cockroaches, Rats, and Mice

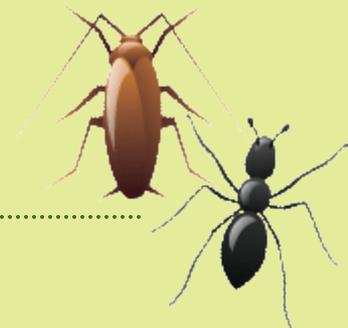
- Insects and mice can carry and spread diseases that are harmful to humans.
- Dander, fecal droppings and cockroach shells cause allergic reactions and asthma attacks.
- Rat bites can cause disease and infection.



Common Pesticides to Avoid

- Bug sprays and lotions for the skin
- Flea and tick collars
- Mothballs
- Bug sprays and flea bombs

**These pesticides can be harmful to children.
Use nontoxic ways to get rid of pests.**



Read Product Labels Carefully

CAUTION



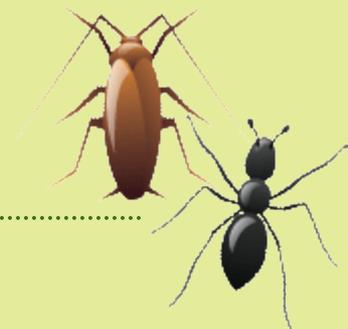
POISON



FLAMMABLE



- Read all directions.
- Take extra care if label contains these words:
 - Caution
 - Warning
 - Flammable
 - Harmful
 - Danger
 - Poison



Examples of Safe Pest Management

Try these safe, non-toxic, low-cost ways to eliminate pests **before** using pesticides that could be harmful to children and pets.

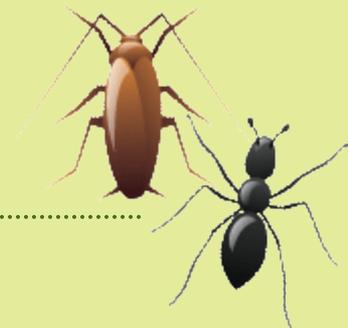


Seal cracks with caulk
and use steel wool to plug holes.



Use traps instead of pesticides
to catch mice.

Boric Acid Powder
can be puffed into
cracks on floors. It is
both child and pet
safe. It is mainly
used for roaches
and ants.



How Pests Become a Problem

- Pests need water, food and shelter.
- Pests enter through small holes and cracks in the home.
- Pests can be in any part of the home and prefer dark places.



Mice

Can fit through a hole
the size of a dime



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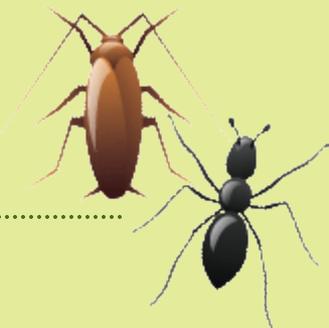


Rats

Can fit through a hole
the size of a quarter



PESTS AND PESTICIDES



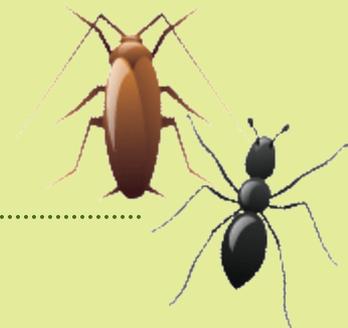
To get rid of pests:

ELIMINATE

the ones already living there.

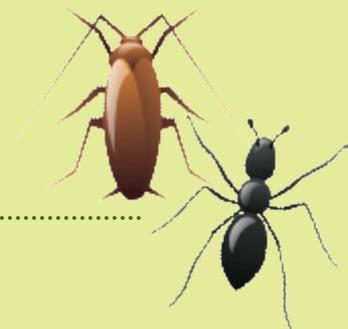
PREVENT

more pests from getting in.



Eliminate What Pests Need

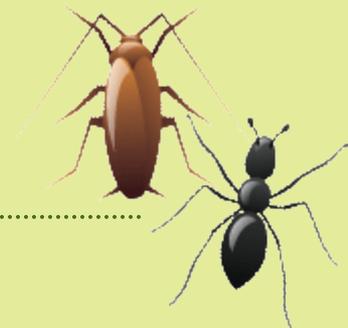
- **Water**
 - Fix leaks.
 - Don't leave dishwater in sink overnight.
- **Food**
 - Reduce crumbs on floor; do not walk around with food; eat at a table.
 - Clean dirty dishes after eating.
 - Keep a tight lid on trash cans and empty them often.
 - Store rice, pasta, oats, flour, sugar and cereal in tightly-sealed containers.



Eliminate What Pests Need (*continued*)

- **Shelter**

- Recycle newspapers, papers bags and cardboard boxes that make good homes for pests.
- Check bags and boxes for roaches before bringing them inside.
- Teach your children to not share combs, hats or coats at school or daycare.



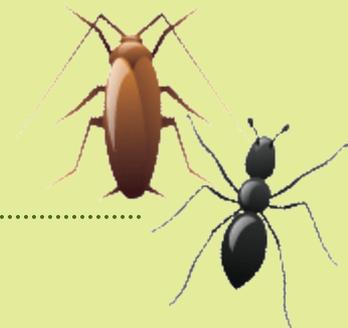
Keep a Clean Home

- Wash children's hands, bottles, pacifiers and toys often.
- Clean floors, windowsills and other surfaces often.
- Clean your home well after pest treatment to remove dead roaches.
- Control fleas by washing pet's bedding often, shampooing pets, vacuuming floors and using flea combs and traps.



What You Can Do

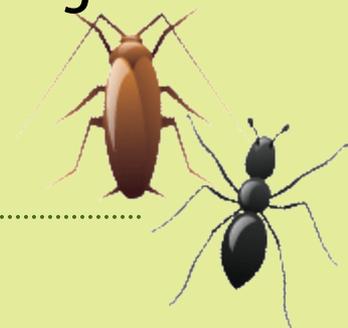
- Use glue traps to identify type of pest problem.
- Stop cockroaches and mice without pesticide sprays.
- Use closed baits, traps and gels instead of pesticides.
- Use Boric Acid Powder behind appliances and under sinks to kill roaches and ants.
- Use steel wool to plug any holes so mice, rats or other pests can't get in.
- Use caulk to seal cracks and crevices where pests can get in your home.



Always Remember

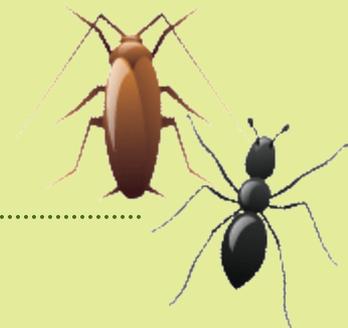


- If you cannot control a pest problem, hire an exterminator
- For bed bugs, call an exterminator.
 - Store-bought chemicals will **not** kill bed bugs.



Conclusion

- Know the health risks if you choose to use pesticides.
- Know how to prevent new pests from getting in your home.
- Know what types of pests can trigger asthma, allergies and cause skin rashes.
- If you use pesticides, store them in a high cabinet out of reach of children.



Resources

Your landlord or local health department

Poison Control Center 1 (800) 222-1222

EPA Office of Pesticide Programs • (703) 305-5017

<http://www.epa.gov/pesticides>

National Pesticide Information Center • 1 (800) 858-7378

<http://www.npic.orst.edu>

FDA Food Safety Information Service Hotline • 1 (888) SAFE-FOOD

**For more information on non-toxic pest control contact
the BIO-Integral Resource Center • (510) 524-2567**

<http://www.birc.org>

