

## Bug bombs won't solve the problem!

Total release foggers, sometimes called “bug bombs,” are pesticide products that fill a large area with poisonous chemicals where there are no pests. Foggers don’t get pesticides deep into the cracks and crevices where pests hide. Often the pests escape from or survive the application.

Foggers are extremely dangerous to human health. They can cause:

- cancer
- birth defects
- neurological or immune system problems
- coughing, choking, or difficulty breathing
- throat irritation
- vomiting or nausea
- headaches



***Don't use dangerous foggers - ever!***

## Do you rent?

If you rent, ask your landlord to control pests building-wide by hiring a PMP for routine inspection and monitoring. If you see any pests, tell your landlord immediately. Infestations are easiest to eliminate when they're found early.

## Thinking about using pest control products?

Baits and sticky traps eliminate pests but minimize people's exposure to pesticides. Baits like roach motels and rodent “bait stations” can be found at most hardware stores. Follow instructions and use with caution. Place baits out of the reach of small children and pets.

## Expert resources

### National Pesticide Information Center

800-858-7378

<http://npic.orst.edu>

### Northeastern IPM Center

<http://www.stoppests.org/for-residents.htm>

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Pests like mice and roaches spread disease, contaminate food, damage homes, and trigger allergies and asthma.

## Don't use foggers

Pesticide sprays and foggers can cause health problems for people and pets and don't get to the cause of the pest problem.

## Do use Integrated Pest Management (IPM)

Prevent pests by sealing holes and cracks, removing or eliminating food and water sources, and using traps and other non-chemical methods to remove pests. Using pesticides is a last resort.

***You don't have to live with pests!***

## What is IPM?

Integrated Pest Management (IPM) includes routine inspection for pests, pest identification, selection of the least-risk control methods that work best, and ongoing monitoring to make sure the control strategy works. Control methods may include sealing holes where pests get in, educating people on their part in pest control, using traps, removing sources of food and water, and careful pesticide use *if* pest problems persist.

## IPM is also...

- **More effective:** IPM addresses the causes of infestation: access, food, water, and shelter. Fixing pest problems reduces health hazards like asthma triggers. With IPM, pests have fewer reasons to get in and stick around. When pesticides are needed, products are chosen and applied to target specific pests.
- **Safer:** IPM protects you, your family and the environment from unnecessary pesticide application, allergens, and pests that make people sick.



# How to use IPM effectively for roaches and rodents

## Step 1: Identify the Pest Problem

Know your enemy and where it is:

- Use a flashlight and look in every room in your home for pests and the messes they leave behind.
- Focus on the kitchen and bathroom, where pests are usually worst.

Once you know what kind of pest you have, how many, and where they hang out, eat, and drink you're ready to fight back.

## Step 2: Get Rid of the Pests!

Make it harder for roaches and rodents to get in and find food, water and shelter.

- **Reduce Clutter** (newspapers, paper bags, cans, bottles, etc.)
- **Vacuum Thoroughly** (HEPA or allergen-reducing vacuums, work best)
- **Wash Hard Surfaces** (stove, countertops, appliances and floors)
- **Take Away Food Sources** (dirty dishes, unsecured trash, pet food and food left out attracts pests – eliminate!)
- **Take Away Water Sources** (fix leaky pipes, cover drains, eliminate puddles)
- **Set Traps** (use lots of them, bait them with whatever the mice are eating or using to



make nests, place them along walls with the trigger end near the wall)

- **Fill Holes and Seal Cracks** (where pests are entering and hiding)

## Step 3: Monitor Effectiveness

Use mouse traps, glue boards, and sticky traps to see if you fixed the infestation. If you're catching fewer pests, then your control is working! Keep it up.

## Hiring A Professional:

If you're still seeing a lot of pests, you may have to call in a pest management professional (PMP) to inspect, make recommendations, and treat your home. Be sure the professional is licensed by the state (in Maryland call 410-841-5710 and in D.C. call 202-535-2299). A PMP should never use a fogger in your home and should only use pesticides labeled "CAUTION" (not "WARNING" or "DANGER") as a last resort.