

FOLLOW THESE STEPS TO MAINTAIN “ZERO” TOLERANCE TO INSECTS

and to reduce asthma triggers and damage
to food and property

Some pests, like cockroaches and mice, are active at night and hide in kitchen cupboards, drawers, behind counters, and between walls, and can cause electrical problems. Through their remains and droppings, they contaminate stored foods, eating utensils, kitchen surfaces, and other goods by carrying harmful allergens and bacteria.

Eliminate Sources of Food & Water—

- Wash and dry dishes immediately.
- Wipe up food and liquid spills immediately, even behind, between and under furniture, cushions, and slipcovers and in the kitchen.
- Keep surfaces (counter tops, appliances, tables, furniture) dry and clean.
- Repair water leaks from appliances and plumbing.
- Keep under kitchen and bathroom sink areas dry.
- Empty garbage and recycling containers daily.
- Store all food in tightly sealed containers.
- Cover any food, like pet food, that will be left out overnight.
- Empty refrigerator drip pans weekly or more often.
- Rotate stocks of foods and dry or paper goods.
- Keep recyclables in plastic bags, sealed at night and away from kitchen or food storage areas.
- Use a vacuum (with HEPA filters) to clean up dead insects.
- Wash floors (vinyl, linoleum, or wood) at least weekly.

Eliminate Points of Entry—

- Seal all gaps around the counter tops, under appliances, and behind plumbing fixtures.
- Check for holes and cracks on the exterior walls.
- Check windows for water collection and entry points.

Eliminate Shelter Spots—

- Inspect boxes, shopping bags, and food containers before bringing these into the home.
- Use sticky traps or specific baits to eliminate insect infestations, and remove immediately when insects have been trapped.
- Eliminate cluttered cardboard, papers, general junk.

Follow Directions of pesticides and insect baits; for serious problems, hire a NYS licensed pest management professional.

