Getting Rid of Pests

1. Keep Pests Out

Look for entry points to home and seal all cracks and holes (use caulk, copper mesh, duct tape, door sweeps, etc.).

2. Remove Food and Water

Check for leaking pipes, remove pet bowls, Clean dirty dishes by the end of the day, clean up spills quickly, put food in sealed containers. Use a trash can with a tight lid and take the trash out often. Store trash and recycling away from the home.

3. Reduce Shelter

Get rid of clutter and throw away unneeded cardboard. Keep cupboards organized so you can see signs of pests.

4. Treat Problem Safely

Avoid using pesticide sprays, foggers, and bug bombs which spread pesticides throughout home. Use tamper-resistant traps and baits (such as "roach motels").

BED BUGS

Have a professional confirm that you have bed bugs before any treatment, which should only be provided by a licensed professional. Ask the company to locate all hiding places. Protect yourself by using zipped mattress coverings, avoid bringing used furniture into the home, and use a clothes dryer for clothing before wearing it.
Contact Jung Kim, 919-733-3556 ext. 403 with questions.

ADDITIONAL RESOURCES

***UNC Center for Environmental Health and Susceptibility*: www.sph.unc.edu/cehs**

***NC Healthy Homes:* www.nchealthyhomes.com**

NC Department of Agriculture Sleep Products: www.ncagr.gov/SPCAP/sleep/Bedbugs.htm

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