

Getting Rid of Pests

1. Keep Pests Out

- Look for entry points to your 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 and make needed repairs.
- Remove pet bowls immediately after pets eat and drink.
- Clean dirty dishes by the end of the day, store food in sealed containers, and clean up spills quickly.
- Use a trash can with a tight lid and take the trash out often. Store trash and recycling away from the home.

3. Clean and Reduce Shelter

- Clean all surfaces with soap and water to wash away any waste pests have left behind. Vacuum any body parts you see.
- 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”) that are safer for pets and children.



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 new and used 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