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.

Produced by the Community Outreach and Engagement Core of the UNC-Chapel Hill Center for Environmental Health and Susceptibility with a grant from the National Institute of Environmental Health Sciences (P30ES010126).