

A Healthy Home is A Pest Free Home. Keep Your Home Pest Free.

Integrated Pest Management (IPM) is a safe way to help get rid of cockroaches, mice, rats, ants, and other pests. IPM uses environmental change to help get rid of these pests and reduces the need for poisons or pesticides, which can be dangerous to your family's health.

Residents, landlords, and pest control contractors all have a role in IPM.

Prevent Pests from Entering Your Home

- Repair or replace torn window screens
- Fill and seal holes, cracks, and gaps
- Install or repair weather stripping around doors and windows
- Report conditions that need attention to maintenance or your landlord.

What to Expect of Your Landlord

- A home free of leaks, cracks, holes, and torn window screens
- A home free of pests
- Outdoor trashcans with covers (to discourage rodents and other animals)
- Clean out empty apartments
- Help follow these guidelines to get rid of any pests

What To Expect of Your Pest Control Contractor

- Check every room of your home
- Check drawers, closets, cabinets
- Leave traps in high pest areas
- Remove old traps and bait

Prevent Pests in the Kitchen

- Keep all food in sealed plastic or glass containers
- Use a covered wastebasket for trash
- Take the trash out every night
- Clean cooking grease from stove, walls, and cabinets
- Keep sink clear of dirty dishes and water
- Clean floors often, especially around refrigerator and stove
- Clean pet bowls between meals; don't leave food or water out overnight
- Replace worn, cracked refrigerator seals

Prevent Pests in the Bedroom

- DO NOT allow eating in the bedroom
- Remove dirty plates, food, and wrappers
- Repair flaking paint, loose or curling wallpaper
- Get rid of clutter in closets, underbeds
- Place dirty laundry in a bag or hamper

Prevent Pests in the Bathroom

- Repair leaks around the sink, toilet, & tub
- Seal openings around the toilet and pipes

Prevent Pests around Water

- Repair leaks under the sink
- Keep the sink dry when not in use

Reduce Places that Pests Can Hide

- Reduce clutter, especially in closets, cupboards, and cabinets
- Recycle or throw away unused bags, paper, and newspaper

Prevent Pests from Returning

- Vacuum roach and rodent feces
- Vacuum cabinets where pests are found
- Give everything a good soapy wash! (especially inside cabinets and drawers)
- Keep basements, attics, stairwells, and hallways clean and free of clutter
- Seal infested food, traps and vacuum bags in a plastic bag and put outdoors in a closed trash can

Home SAFE – System for an Asthma Free Environment

Pests like cockroaches and rodents, and the chemicals used to treat them, are triggers for asthma.

For more information, contact the
Asthma Prevention and Control
Program of the
Boston Public Health Commission,
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MA 02118
(617) 534-5966 www.bphc.org

Thomas M. Menino, Mayor of Boston

