

Keeping Out Pests

Cleaning is the best way to keep pests out of your home. It's important to do a little cleaning every day, to keep your home clean and dry, and to throw out the trash often. To act now to stop pests like cockroaches, ants, and mice without pesticide, you should do the following:



- **Keep the kitchen clean:** Even tiny crumbs or liquid in cracks can be food for pests. Be sure to clean counter tops and floors every day.
- **Keep pests out:** Seal openings in the walls so pests cannot get into your home.
- **Don't feed the pests:** Put away all food when you are done with it. Clean up after yourself and cover the trash. You should also store your food in sealed containers.
- **Don't give the pests water:** Fix leaks and wipe up spilled water so the pests don't drink it.
- **Don't give the pests a home:** Get rid of old newspapers, boxes, and other clutter in the kitchen, bathrooms, and other rooms in your home, so pests can't make a home.
- **Look for signs of cockroaches and other pests:** these signs can include:
 - Bugs in the house – look for bugs, either dead or alive
 - Pest feces – look for small, brown droppings
 - Signs of rats or mice nesting – look for shredded paper, trash piled
 - Odd smells and sounds – listen for the sounds of rats and mice scratching in the walls or the smell of urine

Think You Might Have Pests? GET HELP!

Tell your supporter: Do not be embarrassed. It can happen to anyone. Tell them, and/or show them, what you have seen, heard, or smelled. If you are a renter, tell the landlord! People living in other apartments may be affected. The landlord will want to make sure that the pests don't spread. Act quickly! The situation can only get worse!

What about using chemicals? Do everything you can to keep from getting pests – and to get rid of the pests – without using poisonous chemicals. If you can't avoid pest control chemicals, **DO NOT USE THEM WITHOUT HELP!**