

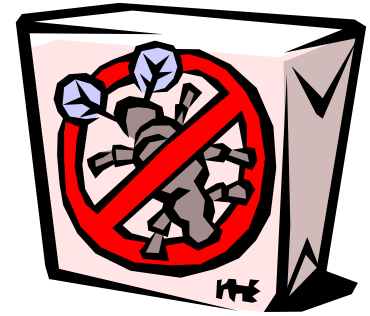
# Healthy Living Strategy: Home Care

## Pests in the Home

Insects and rodents in the home can be a nuisance. However, you don't need to resort to the use of chemical pesticides to rid your home of them.

*A few simple deterrents that will reduce the likelihood of attracting pests in your house include:*

- removing their food supply and breeding sites
- managing garbage so that it is less attractive
- cleaning up spilled food, especially pet food
- eliminating damp conditions around the house



*To make sure pests don't get into your house in the first place, you should:*

- seal cracks, including spaces around exterior plumbing and electrical outlets, attic vents and under doors
- use window screens
- turn off porch lights instead of leaving them on all evening as they can collect insects which are swept into the house when the door is opened

### Additional Tips for Dealing with Specific Pests

Pest	Solution
<b>Ants</b>	<ul style="list-style-type: none"> <li>• To discourage, sprinkle their nest with red pepper, eggshells, bone meal, talcum powder, wood ash, sulphur, blood meal or coffee grounds</li> </ul>
<b>Carpenter Ants</b>	<ul style="list-style-type: none"> <li>• Prevent infestations by repairing wood damaged by moisture, ventilating damp areas, cleaning gutters and storing firewood on raised platforms away from the house</li> </ul>
<b>Cockroaches</b>	<ul style="list-style-type: none"> <li>• Cockroaches thrive in areas with moisture, food and darkness</li> <li>• To trap them, place glue boards in areas that they are attracted to and monitor</li> <li>• Clean all areas where droppings are present with soap, water and a disinfectant</li> <li>• Seal cracks or spaces larger than 1/4", particularly in the bathroom or kitchen</li> <li>• Cover open vents with a fine mesh screen</li> <li>• Eliminate all traces of grease, dirt and clutter</li> <li>• Repair leaky taps and avoid any water accumulations</li> </ul>
<b>Crickets</b>	<ul style="list-style-type: none"> <li>• Mix molasses and vanilla extract or lemon juice with water to attract and drown crickets</li> <li>• Plug entry points</li> </ul>
<b>Flour Moths &amp; Beetles</b>	<ul style="list-style-type: none"> <li>• The older food is, the more likely it is to develop an infestation, so buy small amounts or store in the freezer</li> <li>• If you buy food from open bins, seal it in plastic bags and freeze for a week before using</li> <li>• Dry and bulk food should be stored in glass containers with tight lids</li> <li>• Dispose of contaminated food and wash cupboards</li> </ul>

