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**

<table>
<thead>
<tr>
<th>Pest</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ants</td>
<td>- To discourage, sprinkle their nest with red pepper, eggshells, bone meal, talcum powder, wood ash, sulphur, blood meal or coffee grounds.</td>
</tr>
<tr>
<td>Carpenter Ants</td>
<td>- Prevent infestations by repairing wood damaged by moisture, ventilating damp areas, cleaning gutters and storing firewood on raised platforms away from the house.</td>
</tr>
</tbody>
</table>
| Cockroaches           | - Cockroaches thrive in areas with moisture, food and darkness. To trap them, place glue boards in areas that they are attracted to and monitor.  
                         - Clean all areas where droppings are present with soap, water and a disinfectant.  
                         - Seal cracks or spaces larger than ¼”, particularly in the bathroom or kitchen.  
                         - Cover open vents with a fine mesh screen.  
                         - Eliminate all traces of grease, dirt and clutter.  
                         - Repair leaky taps and avoid any water accumulations. |
| Crickets              | - Mix molasses and vanilla extract or lemon juice with water to attract and drown crickets. Plug entry points. |
| Flour Moths & Beetles | - The older food is, the more likely it is to develop an infestation, so buy small amounts or store in the freezer.  
                         - If you buy food from open bins, seal it in plastic bags and freeze for a week before using.  
                         - Dry and bulk food should be stored in glass containers with tight lids.  
                         - Dispose of contaminated food and wash cupboards. |