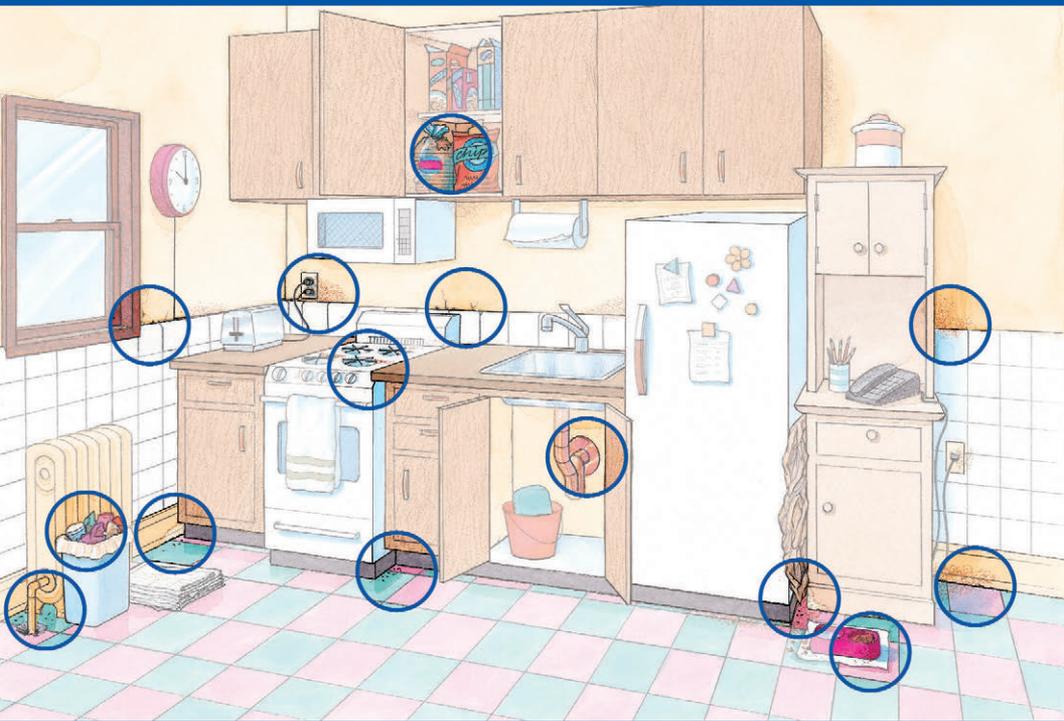


How to Control Pests Safely



Getting Rid of Roaches and Mice

 **GPC**
Global Pest Control

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How to Control Pests Safely

Make it harder for roaches and rodents to get in, move freely, and find food, water, and shelter.



Step 1: Clean Up

To get rid of pests and keep them from coming back, these steps are key.

Reduce Clutter

- Recycle piles of newspapers, paper bags, cardboard, and bottles, especially around stoves and refrigerators.
- Store clothing and linens you don't use in sealed plastic boxes or bags.



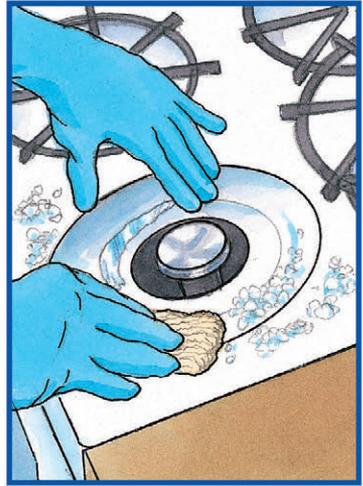
Vacuum Thoroughly

- Use a vacuum with a hose and crevice tool. Special filter vacuums, known as HEPA or allergen-reducing vacuums, work best.
- Vacuum behind and under refrigerators and stoves.
- Empty cabinets, throwing away old food and items with signs of pests.
- Vacuum inside gaps and holes in walls and in and behind cabinets. Start high and work down.
- When you're done, seal the vacuum bag in plastic and throw it out.



Wash Hard Surfaces

- Wear household gloves.
- Fill two buckets with warm water: one with a mild soap or detergent, and one with plain water for rinsing. Separate rinse water will help you avoid spreading insect eggs, food, and other wastes. Change the water often.
- Use a sponge and plastic scouring pad or scrub brush to scrub and rinse:
 - Countertops, tables, and surfaces where food is stored, prepared, or eaten.
 - Under the stovetop, inside burners, and under and behind the stove, refrigerator, and dishwasher.
 - Inside the rubber seal of the refrigerator door.
 - Inside drawers, cabinets, and shelves in the kitchen and bathroom.
 - Floors.
- For hard-to-remove stains, use a mild bleach solution (1 part bleach, 10 parts water) or a cleaning product with bleach.
- ***Never mix bleach with ammonia or other cleaning products!***



Wash Small Area Rugs and Curtains

This gets rid of egg cases and reduces allergens.

Clean Small Appliances

Cockroaches like warm, dark places such as toasters, countertop grills, microwave ovens, and clocks.

- Unplug the appliances and vacuum them out.
- For serious infestations, after vacuuming, seal the appliance in a plastic bag and put it in the freezer overnight.



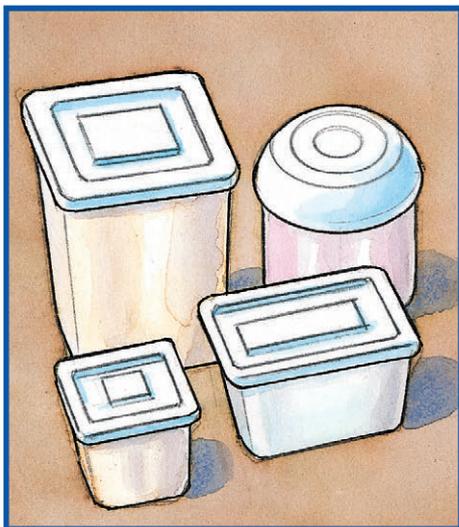


Step 3: Starve Them and Parch Them

Like all creatures, roaches and rodents need food and water to live.

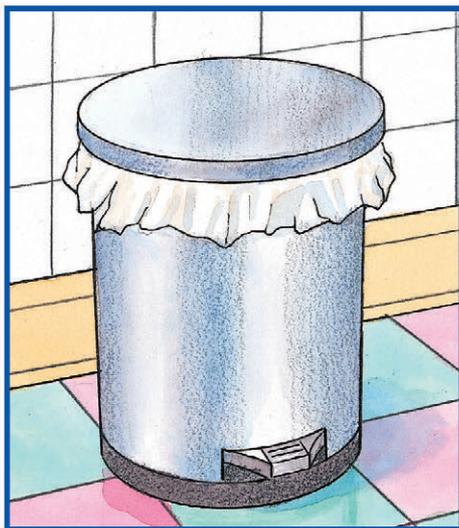
Pest-Proof Your Food

- Store all boxed or loose food in containers that seal tight – plastic, glass, or coffee cans with lids.
- Store as much food in your refrigerator as you can, especially foods you keep for a long time, such as flours, rice, and nuts.
- To store large bags of pet food, use a metal garbage can with a lid.



Manage Your Garbage

- Use garbage cans with tight-fitting lids (metal ones are best) for garbage and recycling.
- Clean them often, inside and out.
- In apartment buildings, put garbage down the chute or bring to the common room nightly.
- Bring garbage cans or bags to the curb as close to pickup as possible. Leaving them out overnight invites rats.



Put Food Away at Night

- Wash the dishes.
- Wipe down the stovetop, counters, and tables.
- Sweep up or vacuum away food on the floor.
- Don't leave pet food out.



Remove Water Sources

- Fix leaky faucets by replacing washers.
- Have a plumber fix leaks as quickly as possible.
- Use your bathroom window or fan to vent steam after showers and baths to prevent mildew and mold. Report or fix vents that aren't drawing air out.
- If possible, close off drains in showers, bathtubs, and sinks when not in use. You can use inexpensive rubber drain covers or metal drain screens.

