Pests

Pests - including roaches and mice – are common asthma triggers in the home. Using pesticides may also be unhealthy. Use safer pest control in the home.

Things You Can Do

Deny pests food and water

• Keep your home clean and dry.
• Store food in sealed containers.
• Fix leaks and dripping faucets quickly.
• Wash and dry dishes after each use.
• Empty your kitchen garbage every day.

Deny pests entry and shelter

• Use caulk and plaster to seal holes and cracks in walls, floors, and ceilings.
• Reduce clutter, cardboard and newspapers.

Use safer products: avoid foggers, bombs and sprays. Never use products called “Tempo”, “Tres Pasitos” or “Roach Chalk”.

For roaches:

Very lightly apply boric acid with a bulb duster or plastic squeeze bottle where roaches are active (but away from children). Use behind cabinets, under refrigerators, and in cracks and crevices before you seal them.

and

Place cockroach bait stations or apply small dabs of cockroach gel bait in areas of high activity.

For mice:

Use mouse glue traps. If you choose poison pellets, use brands that come in enclosures, and follow instructions. Keep children and pets away from any poison.

Suggested Products

• Caulk and caulking gun
• Spackle and small spackling knife
• Boric acid and bulb duster
• Cockroach bait stations and gel
• Sponges
• Gloves
• Mild detergent and degreaser
• Sealing food storage containers

For More Information

Call the New York City Department of Health and Mental Hygiene. In NYC, call 311 or go to nyc.gov/health

The New York City Department of Housing Preservation and Development (HPD) provides training which reviews safer pest control methods. In NYC, call 311 or go to nyc.gov/hpd

Keep the Poison Control Center number handy: (800) 222-1222