



DEALING WITH ROACHES, MICE, AND RATS

- ❑ Never eat in your child's bedroom.
- ❑ Store food and trash in closed containers.
- ❑ Clean up all spills and crumbs as soon as possible.
- ❑ Mop kitchen floors at least once a week.
- ❑ Clean countertops every day.
- ❑ Take out the trash daily and put a tight lid on the trash can.
- ❑ Seal small cracks and holes in the home where pests can get in.



Extra Tips - Roaches

- Fix water leaks under sinks.
- Do not use spray pesticides inside: they can make asthma worse and are dangerous for small kids.
- Use bait stations, gels, or boric acid powder under appliances and other places roaches may hide.
- Make sure baits and other poisons are out of reach of children.



Extra Tips - Mice and Rats

- Keep clutter off floors so mice won't build nests there. They love warmth and corners.
- Do not get a cat: they might actually make your child's asthma worse.
- Use snap traps under appliances and sinks and where you see droppings.
- Trim shrubs well and keep yard free of litter.