

# HEALTHY HOMES



## 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](http://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](http://nyc.gov/hpd)**

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



[nyc.gov/health](http://nyc.gov/health)



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A Key Step to a  
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