

# **FOLLOW THESE STEPS TO MAINTAIN “ZERO” TOLERANCE TO INSECTS**

and to reduce asthma triggers and damage  
to food and property

*Some pests, like cockroaches and mice, are active at night and hide in kitchen cupboards, drawers, behind counters, and between walls, and can cause electrical problems. Through their remains and droppings, they contaminate stored foods, eating utensils, kitchen surfaces, and other goods by carrying harmful allergens and bacteria.*

## Eliminate Sources of Food & Water—

- Wash and dry dishes immediately.
- Wipe up food and liquid spills immediately, even behind, between and under furniture, cushions, and slipcovers and in the kitchen.
- Keep surfaces (counter tops, appliances, tables, furniture) dry and clean.
- Repair water leaks from appliances and plumbing.
- Keep under kitchen and bathroom sink areas dry.
- Empty garbage and recycling containers daily.
- Store all food in tightly sealed containers.
- Cover any food, like pet food, that will be left out overnight.
- Empty refrigerator drip pans weekly or more often.
- Rotate stocks of foods and dry or paper goods.
- Keep recyclables in plastic bags, sealed at night and away from kitchen or food storage areas.
- Use a vacuum (with HEPA filters) to clean up dead insects.
- Wash floors (vinyl, linoleum, or wood) at least weekly.

## Eliminate Points of Entry—

- Seal all gaps around the counter tops, under appliances, and behind plumbing fixtures.
- Check for holes and cracks on the exterior walls.
- Check windows for water collection and entry points.

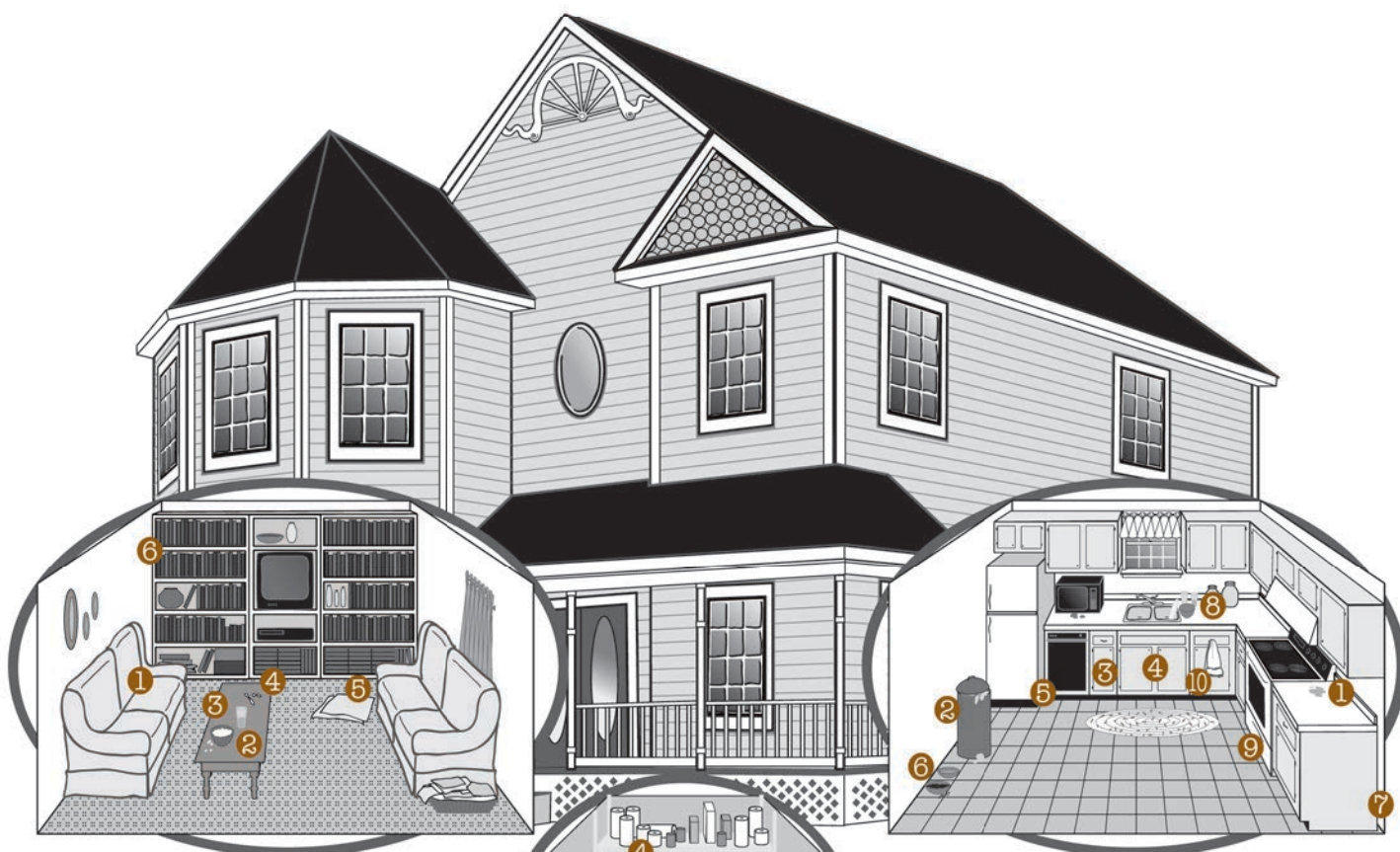
## Eliminate Shelter Spots—

- Inspect boxes, shopping bags, and food containers before bringing these into the home.
- Use sticky traps or specific baits to eliminate insect infestations, and remove immediately when insects have been trapped.
- Eliminate cluttered cardboard, papers, general junk.

*Follow Directions of pesticides and insect baits; for serious problems, hire a NYS licensed pest management professional.*



# Food + Water = INSECTS



## Living Room

- ① Food spills on furniture and between cushions, carpets, appliances
- ② Uncovered food left out overnight
- ③ Dirty dishes, utensils and containers left out overnight
- ④ Food remnants and food wrappers in ashtrays and/or trash baskets
- ⑤ Cluttered cardboard, papers, junk scattered on floor and furniture
- ⑥ Cracks in and around walls, behind bookcases, on built-in shelves not sealed

## Basement

- ① Cluttered cardboard, papers, and junk scattered on floor
- ② Damp spots left untouched and water leaks unrepaired
- ③ Trash cans not cleaned and disinfected regularly
- ④ Stocks of foods and dry or paper goods not used and rotated regularly
- ⑤ Entry points for allergen bearing insects and vermin, with remains and droppings not removed

## Kitchen

- ① Food spills and crumbs left on counters, floors and around appliances
- ② Smelly foods left in trash for several days – trash can not cleaned regularly with disinfectant
- ③ Paper grocery bags stored in cupboard
- ④ Wet areas created by dripping pipes, condensation or spills
- ⑤ Refrigerator drip pan not emptied regularly – water left sitting in open containers or not drained out of sink and dishwasher
- ⑥ Food left in open or poorly sealed containers – pet food left uncovered overnight
- ⑦ Cracks in and around walls, cabinets, or counter tops left unsealed
- ⑧ Dirty dishes left piled in the sink
- ⑨ No cleaning or vacuuming under and behind appliances
- ⑩ Poorly sealed and bagged vegetables stored in dark, damp cupboards