

Safe Alternatives to Pesticides in the Home

Pest	Alternatives
Ants	• Mix in equal parts powdered sugar and borax. • Sprinkle it on the corners and around the columns of the house. • Place salt, dry red chili peppers, mint or dry sage in the entrance.
Cockroaches	• Mix in equal parts powdered sugar and borax. • Sprinkle it on the corners and around the foundations of the house. • Store food in closed containers and maintain a clean kitchen. • Make sure that other areas of the house are clean and free of food. • Place bay leaves in the clefts of the walls.
Fleas	• Feed your pet garlic tablets, vitamin B, or brewer's yeast.
Flys	• Use sticky paper or a flyswatter or both. • Place mint or ground basil leaves around the windows and doors.
Moths	• Place cedar wood, bags of lemon peels, bay leaves, whole cloves, dried rosemary, mint, or black pepper with clothes.
Rats	• Place fresh food on the rat traps. Place rat traps and sticky paper in areas where children are unable to see or touch.

Safe Alternatives to Pesticides in the Garden

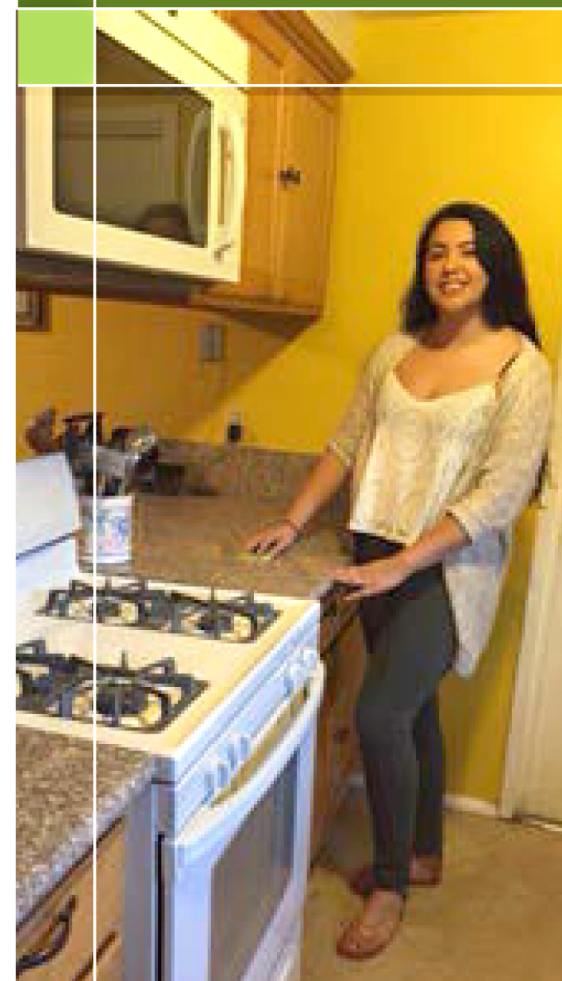
Pest	Alternatives
Ants	• Plant onion plants. • Place coal powder or bone powder around the garden.
Aphids	• Mix water and soap and sprinkle it on the plants.
Weeds and Grass	• Pull them out.
Snails and Snakes	• Plant onion plants. • Fill a pot with vinegar and bury it in the soil to trap pests. • Place an old wooden table or cabbage leaves in the soil to trap them underneath. When you have them, place salt to kill them.
Beetles and Caterpillars	• Find them in the plants and place on them a mix of soap and water.



CENTER FOR THE HEALTH ASSESSMENT OF
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Controlling Pests in your Home



Keep Pests out of Your Home

- Keep the kitchen clean. Clean dishes each night; at minimum, scrape off excess food and rinse. Keep counters and floors clean; clean up spills and crumbs.
- Put all food away in tightly sealed containers.
- Keep indoor trash bins closed and sealed. Take out garbage and recycling often.
- Remove any source of water. Avoid standing liquids: fix pipe leaks, drain dishwasher at the end of the day. Don't leave pet food and water out in a bowl overnight.
- Plug holes where pests come in.



Use the Safest Pesticide Options

- Use natural alternatives instead of pesticides. See back page.
- Use baits and gels instead of sprays. Baits and gels are better because they are contained and don't get into the air or dust and move around your home.
- Place the pesticides where children can't reach them.
- If you must use sprays, remove children, their toys, and pets from the area.
- If you must use sprays, Open all the windows and doors in the area that you are spraying



Safe Storage

- Store pesticides out of the reach of children. Keep pesticides in a clearly marked and locked area.
- Never transfer pesticides to containers that children might associate with food or drinks. Never put chemicals in

