



Integrated Pest Management

What is Integrated Pest Management (IPM)?

IPM is a process of removing pests from your home and preventing them from coming back.

Unlike traditional extermination, IPM only uses pesticides as a last resort. Only the safest products are used. Multiple visits are important to ensure the problem is solved.

Why use IPM techniques?

IPM is:

- more effective
- safer
- scientifically proven

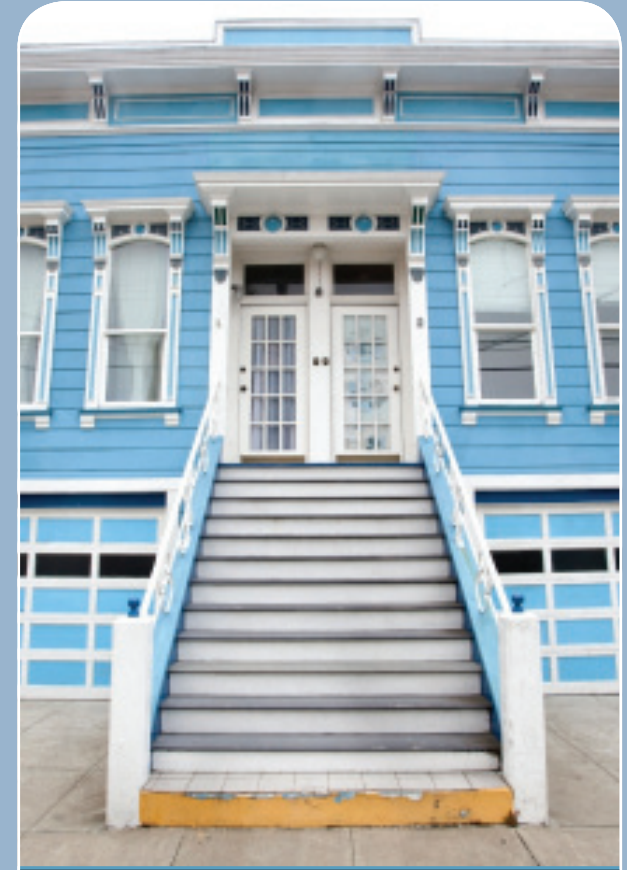
For IPM to be truly effective, it takes cooperation from everyone involved. Here are things you can do to help control pests in your home.



Photo credit Pesticide

Professional IPM Methods

- **Sealing** openings keeps pests out permanently.
- **Vacuuming** insects and their eggs provides quick control.
- **Baits** use tiny amounts of chemicals to kill entire groups of cockroaches
- **Insect Growth Regulators (IGRs)** are practically nontoxic substances that prevent baby cockroaches from maturing.
- **Boric acid** (similar to borax cleaners) is applied in the wall voids to kill roaches and prevent them from coming back.
- **Traps** catch insects and help find hidden populations that need more treatment.



Managing Pests in Your Home

Working together to safely control pest populations



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Controlling Cockroaches

Cockroaches are one of the most common causes of asthma. Because they spend time in garbage and sewers, they can also spread germs.

There are some simple things that you can do to help control cockroach infestations in your unit.

Clean Up Spilled Food and Waste

Cockroaches feed on left over food, grease and trash. Store food in proper containers, wipe up cooking grease and remove trash regularly to eliminate their food source. By removing all food, they are more likely to eat the baits that kill them.

Use Soapy Water to Kill Cockroaches

Instead of bug bombs or other pesticide sprays, soapy water can be used to kill insects on contact. Over-the-counter baits are more effective at long-term control.

Check Used Appliances

Used appliances are one of the most common ways people bring cockroaches into their homes. Check them first! Throw away cardboard and reduce clutter to get rid of other cockroach hiding places.



Don't Use Bug Bombs or Sprays

- They leave a coating of toxic pesticides all over your home.
- They don't work. Although you may see a few dead insects, the pesticides don't reach pests' hiding places.
- They only push infestations into the walls or into neighboring units.
- Bug bombs and sprays make baits ineffective.



Sticky traps can help you monitor an infestation.

Photo credit Pestec

Controlling Bed Bugs

Bed bugs can cause itchy and painful bites, but they are not known to transmit any diseases. Bed bugs are visible at all life stages and are usually found around sleeping areas. They are commonly brought in from other infested locations, often on used furniture.



Photo credit: xyz

Laundry All Bed Linens

Put all sheets and blankets in the washer with detergent and hot water. Items that can't be put in the washer should be put in the dryer for at least 45 minutes on high heat.

Clean Around Bed Area

Soapy water can be used to kill bed bugs on contact or you can vacuum them up. Reduce clutter around the bed area to eliminate hiding places.

Protect Your Bed

Mattress and box spring encasements as well as Climb Up Interceptors can help protect your bed from bed bugs.

