

HEALTHY HOME PEST PREVENTION



1. **Know your enemies.** Learn pests' habits and needs for food and shelter so you can outsmart them.
2. **Eliminate entryways.** Close cracks, gaps and holes with caulk, putty, wire mesh, steel wool or screen.
3. **Don't quench their thirst.** Fix leaks in plumbing, roofing, siding and foundations so your home is dry and unattractive to pests.
4. **Clear vegetation and debris.** Keep all plants, branches, wood piles and debris at least one foot away from your house.
5. **Inspect used furniture and clothing.** Learn to recognize the signs of clothing moths, bed bugs, and carpet beetles. Inspect used furniture and clothing before bringing it home.
6. **Keep your best friend's bed clean.** Wash pet bedding in hot water and dry in high heat regularly.
7. **Beware of pesticides.** Pesticides are toxic. If you must use one, consider the least toxic options to get the job done.



PROTECT YOUR FAMILY, PETS, WATER AND WILDLIFE. **LEARN MORE.**

HEALTHY HOME

Less-toxic ways to prevent and get rid of pests. www.oregonmetro.gov/healthyhome

WASHINGTON TOXICS COALITION

From lice to rats, extensive fact sheets with great tips.

www.watoxics.org/healthy-living

INTEGRATED PEST MANAGEMENT

Info about pests and least-toxic management techniques from the University of California.

www.ipm.ucdavis.edu/PMG/menu.house.html

NATIONAL PESTICIDE INFORMATION CENTER

Fact sheets, photos and research on understanding and controlling spiders.

www.npic.orst.edu/pest/spiders.html

HEAD LICE

Tools, photos, fact sheets and more.

<http://www.headlice.org>

BED BUGS

Fact sheets, photos, prevention tips, and more from the Multnomah County Health Department.

<http://web.multco.us/health/bed-bugs>



TAKE CARE WITH HAZARDOUS WASTE

Never dispose of your toxic trash down the sink, on the ground, down a storm drain or in your garbage can. Bring your hazardous waste to Metro's neighborhood collection events or disposal facilities.

Find out more at 503-234-3000 or www.oregonmetro.gov/hhw.

