

# instruction cards

**These easy-to-use instruction cards describe ways to maintain a healthy home.**

**Keep all 7 cards, or tear along the dotted lines to keep only the cards that you find helpful.**

Boston Public Health Commission  
Asthma Prevention and Control Program

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Thomas M Menino, Mayor of Boston



**healthy homes**

# trash cans

## How do trash cans help to control pests?

Insects and rodents need food and water to survive. Keeping the garbage tightly covered will keep insects and rodents out.

## How to use it:

Use a trash bag in a covered wastebasket. Keep the wastebasket lid closed. When bag is full, remove to dumpster or covered outdoor trash cans.



**Keep tightly covered**

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## mouse traps

### How do mousetraps help control pests?

Sealing holes in walls, under doors, and around pipes keeps mice from entering. Trapping any mice left inside is safer than poisoning them.

### How to use them:

Place the trap behind the refrigerator, the stove or wherever mice leave droppings. Vacuum or sweep up any droppings, seal them in a plastic bag and throw it away.

### Getting rid of mousetraps:

Be sure to check traps regularly. Seal mouse and trap into a plastic bag and throw away in a covered outdoor trash can.

## copper gauze

### How does copper gauze help to control pests?

Holes around pipes, in walls or floors, or under the sink are easy ways for pests to get into your home. Use copper gauze to block up holes. Mice cannot chew through it and it doesn't rust like steel wool.

### How to use it:

Wrap around pipes, especially where they pass through walls. Stuff into holes and cover with caulk.



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# white vinegar

## How does white vinegar help to control pests?

Mice and cockroaches follow each other using a scent trail, so it's important to clean up after them. But strong odors and fumes, like those from many cleaners, can cause breathing problems. White vinegar is a healthy, inexpensive alternative to such cleaning products- and it works!

## How to use it:

Use white vinegar to clean floors, surfaces, and even clothes.

**Floors:** Add 1 cup of white vinegar to 2 gallons of water. Wash and let dry or polish with club soda.

**Stains:** Apply undiluted white vinegar directly on stain.

## Where to get it?

At any grocery store.

# non-toxic insect traps

## How do traps work to control pests?

Trapping insects and eliminating their hiding places is safer than using toxic sprays or foggers.

## How to use them:

Place the traps inside the kitchen cabinets, under the sink, behind the stove and refrigerator, or anywhere roaches travel. Do not put the traps near food.

## Cleaning up:

- Remove traps when they are full. Vacuum or sweep up any dead roaches. Seal them in a plastic bag and place in a covered trash container.
- Wash any areas where you have seen roaches with hot water and soap.

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## closed containers

### How do containers help to control pests?

Insects and rodents need food and water to survive. Keeping food tightly covered makes a kitchen less attractive to pests.

### How to use them:

Store all food that is not refrigerated in sturdy, sealed containers made of plastic, glass, ceramic or metal. Plastic or paper bags will not keep pests out.



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## weather stripping

### How does weather-stripping help to control pests?

Mice and insects need a way to get into your home. Gaps under the door and cracks under the sink, in the walls, or in the floor are easy ways for them to enter. Use weather stripping to block some of these entry points.

### How to use it:

Apply weather stripping to the bottom of the door according to package directions. Weather stripping can also seal cracks around windows.

### Where to get it?

Weather stripping is available in most hardware stores.

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