

LIMIT YOUR EXPOSURE.
REDUCE YOUR CANCER RISK.



KEEP YOUR HOUSEHOLD FREE OF BUGS

SAFELY

You can control household pests naturally. GOOD HOUSEKEEPING IS THE BEST PREVENTION: Clean up all food and drink spills immediately. Store all food and drink in sealed containers. INSECTS CAN BE TRAPPED AND KILLED WITHOUT RESORTING TO DANGEROUS CHEMICALS: A poison nontoxic to humans is mixed with a food that insects find attractive, and spread in the infested area. Examples are oatmeal (attractive) and plaster-of-Paris (poisonous), and cocoa powder and flour (attractive) and borax (poisonous). Here are other solutions for specific household pests:



ANTS

Sprinkle powdered red chili pepper, paprika, dried peppermint, or borax where the ants are entering.

RATS & MICE

Holes in exterior or interior walls should be closed off and storage spaces kept orderly. Garbage should be kept tightly covered. To catch rodents, the most efficient system is the oldest: mouse and rat traps.



Feed pet brewer's yeast in powder mixed with food or by tablets.

FLEAS

BEETLES

Kill manually when you see them.



Air clothes well in the sun; store in airtight containers, and scatter sachets of lavender or cedar chips in with clothing. Avoid using mothballs, which contain paradichlorobenzene and/or naphthalene. According to the EPA, paradichlorobenzene can cause headaches, swollen eyes, loss of appetite, nose and throat irritations, and even cancer. Naphthalene can damage your body's red blood cells.

TERMITES

Any wooden parts of the house should be at least 18 inches off the ground, as subterranean termites cannot tolerate being exposed to air and light.



COCKROACHES

Mix by stirring and sifting 1 ounce of trisosdiumphosphate (a cleaner available at most hardware stores), 6 ounces borax, 4 ounces sugar, and 8 ounces flour. Spread on floor of infested area. Repeat after 4 days and again after 2 weeks.



MOTHS



To learn what you can do to make your home a healthy one, call or visit

1-800-464-HELP

www.delawarehealthyhomes.org



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