

ASTHMA, Pests, & Pesticides

How to safely get rid of pests in your home

What is ASTHMA?

Asthma is a common lung disease.

chest tightness

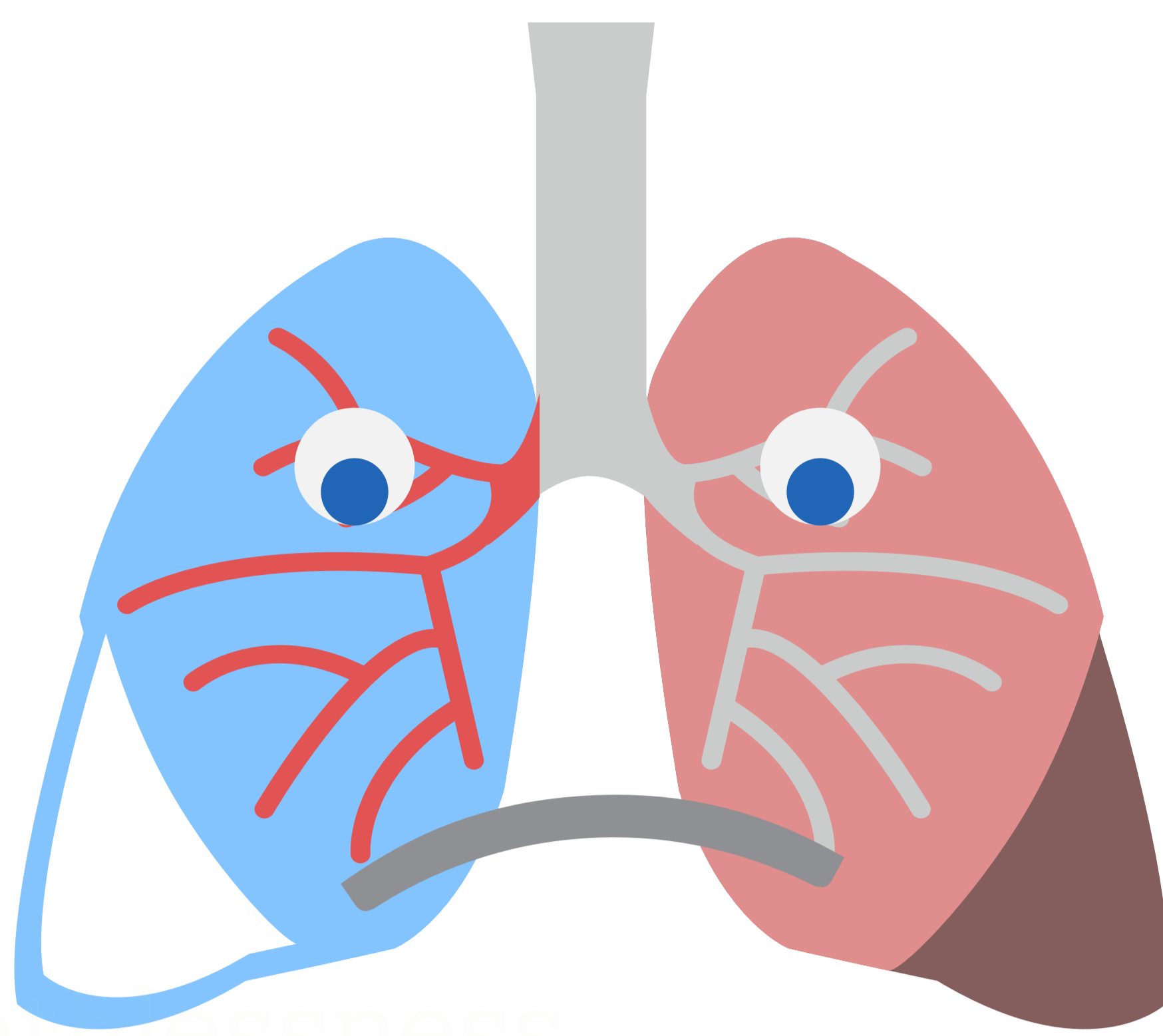
wheezing

Asthma symptoms may occur at any time.

coughing

Asthma attacks involve inflammation and tightening of the airways.

An asthma attack can happen if something irritates your lungs.



breathlessness

Pests can trigger an ASTHMA attack.

Common household pests like rodents and cockroaches can trigger an asthma attack.

RODENTS

ROACHES

- hair shedding
- waste products

- skin shedding
- feces

Pest remnants can enter the air.

DID YOU KNOW?

Cockroach allergens are the major factor contributing to asthma in children living in urban areas in the Northeast U.S.

If breathed in, they can trigger asthma.

Pesticides can be harmful to health.

Pesticides are chemicals that kill pests.

Some pesticides can irritate the lungs and may trigger an asthma attack.

Pesticides can be harmful to people, especially children and pregnant women.

Sprays and foggers (bug bombs) are especially dangerous.

How can I safely control pests in my home?

Integrated Pest Management (IPM) is the best way to prevent and control pests because it reduces the amount of pesticides and is effective.

IPM Methods Include:

Monitor



Find how pests are getting in before they become a problem.

Prevent Access



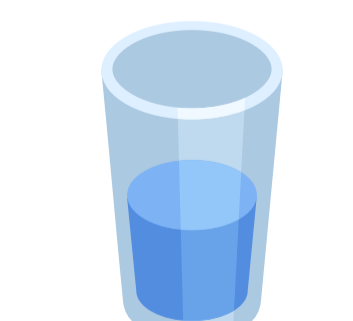
Seal cracks with caulk especially where pipes and wires come through the wall.

Remove Shelter



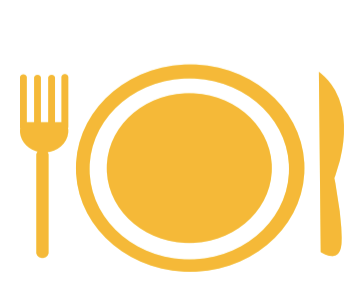
Reduce clutter where pests can easily hide, such as old newspapers.

Remove Water



Fix water leaks and leaky faucets, wipe up spills, and remove pets' water dishes at night.

Remove Food



Store food in plastic or glass containers with tight-fitting lids. Use a trash can with a tight-fitting lid and empty it regularly. Clean thoroughly, especially under appliances where food may collect.

If pesticides are needed...

Use pesticides safely.

Choose safer options like bait stations in areas inaccessible to children and pets.

Avoid sprays and foggers.

Visit the National Pesticide Information Center website at <http://npic.orst.edu/> for more information on pesticides and IPM.