

# Pest Control



**Public Health**  
Prevent. Promote. Protect.  
Township of Bloomfield  
Department of  
Health & Human Services

Pests pose a serious home health and safety hazard. Ridding your home of pests requires appropriate treatment so as to not make health problems worse and or cause respiratory illnesses.

## Common pests found in homes

### Dust Mites

- Dust mites are microscopic spider-like creatures that live in dust, fabric, bedding, furniture, and carpets. Dust mites eat dead skin cells and need food, high moisture levels and warmth for survival.
- Dust mites' feces are breathed in and can trigger asthma attacks. Some people are allergic to them and develop rashes from too much exposure.

### Mice and Rats

- Mice have limited bladder control. As a result, while mice run around your house searching for food, they are constantly leaving behind a stream of urine. Many people are allergic to mouse urine. For people with asthma, it can cause an asthma attack when they are exposed to it. Many people are allergic to mouse dander or dandruff. This can also lead to asthma attacks.
- Rats usually prefer to live outdoors, but if plenty of food is available they will nest close to or inside buildings. Rats can carry multiple infectious diseases such as Salmonella, and occasionally bite sleeping children and babies. These children usually fall asleep with food residues on their hands or faces and get bitten by foraging rats attempting to lick or chew on the food residues on their skin.

### Cockroaches

- "Waterbugs" or "roaches" are just other names for cockroaches. Cockroaches can live a month without food, but only one week without water. Female cockroaches can lay 15 to 40 eggs enclosed in a capsule and can produce up to 15 capsules over their lifetime. Cockroaches tend to congregate in tight hiding spaces, with available food and moisture, and warm, humid environments. Cockroach frass or waste is dangerous for your family as it can trigger asthma attacks when breathed in.

## Actions you can take to prevent pest infestations

### How to Keep Pests Out of Your Home:

- Block pest entries, passages, harborage & clutter
- Seal holes and cracks – use wire mesh to keep pests out
- Reduce food and water availability
- Practice proper food storage & disposal
- Do not leave dirty dishes in the sink overnight
- Clean crumbs, grease, etc.
- Conduct regular cleaning to reduce pest urine and feces
- Use appropriate traps
- Use appropriate pesticides ONLY when needed

### How To Rid Your Home From Dust Mites:

- Use allergen blocking mattress and pillow covers
- Wash bed linens weekly in hot water
- Regularly wash, freeze or put in dryer your pillows and stuffed animals
- Use a HEPA filter vacuum on all carpeted areas and on furniture and upholstery
- Keep humidity levels down (under 50 percent relative humidity) by using a dehumidifier, ventilation fan or air conditioning



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