



### **Top Tips to Help Prevent Insect and Pest Infestation**

1. Do not leave food out uncovered. If you are thawing meat or other food products put them in a container where pests cannot reach them.
2. Keep food containers closed. Boxes of cereal, crackers or chips left open can be sources of food for pests.
3. Some pests (mice in particular) will chew through cardboard food boxes, as well as, some paper and plastic food packaging. If you are noticing small holes chewed into food packaging you may need to purchase sealable plastic or glass containers. Reusing large sauce or jam jars for food storage is an inexpensive and environmentally friendly option.
4. Clean surface regularly. Foods crumbs and bits of food left out on counter tops, tables and the floor attract pests. Don't forget to clean under the stove and refrigerator. These dark places that collect food crumbs are ideal for cockroaches and other pests to thrive.
5. Wash your dishes soon after using them. Dirty dishes left in the sink or on the counter attract roaches and other pests. It is important not to leave dirty dishes out over night when pests feel most comfortable venturing out.
6. Do not leave food or dirty dishes out anywhere in the house. Pests not only live in the kitchen but will venture out to wherever they find food and water.
7. Pet food also attracts pests. Cover your pet's food overnight. If you feed your cat or dog wet food, make sure the pet bowl is cleaned after use.
8. Use a trash can with a lid. The scraps that we throw away also attract pests.
9. Check for dripping faucets and look under the sink for leaking pipes. All animals need a source of water to survive.
10. Remember: If a pest doesn't have food or water, it will not stay in your house.
11. If you live in an apartment building or share an apartment, share this information with your neighbors and/or housemates. Pests (like cockroaches and mice) will go from room to room and apartment to apartment in search of food and water.