

**PANTRY MOTHS**

Moths invade dry goods in your cupboards, and come from infested food you buy ...



**SPIDERS** are a beneficial — they eat other insects and are mostly harmless. If you want less in your house, try the following...

**SPIDERS**



**ROACHES** carry disease and can trigger asthma. Sanitation is the most important factor in deterring roaches...

**ROACHES**



**ANTS** enter our homes in search of food and water. The best way to keep your home ant-free is to not give them an opening, or a reason to come in...

**ANTS**



**MICE & RATS** carry disease and are not good house guests. Deny them food & places to hide...

**MICE & RATS**



**FLEAS**

For effective control of fleas, you must treat three areas at once: the pet, the home, and the pet's outdoor environment...



**PREVENT**

Vacuum home every 2-3 days. • Remove, seal and discard vacuum bag outdoors. • Vacuum and wash pet resting areas at least once per week. • Wash pet bedding in hot, soapy water at least once per week. • Use Flea and Tick 8-Bane, a low-risk pet shampoo. • In the yard, release flea-eating worms called beneficial nematodes into the soil and grass, (especially in areas where pets spend lots of time).

**REMOVE**

Remove fleas from your pet (daily during summer months) using a flea comb before allowing the animal to come inside. Gently run the comb through your pet's hair and dunk the comb in a container of soapy water, leaving behind removed fur.

**CONTROL**

Try flea traps with incandescent light and sticky glue board. • If further treatment is needed, give your pet an oral treatment that contains an insect growth regulator such as lufenuron. Oral treatments are preferable to liquid drops that can rub off on furniture, carpets, or people.

**PREVENT HEALTH RISKS!**

**IT WORKS!**

**LOW TOXIC PEST CONTROL**

for more details & where to find products:  
[www.psrla.org/pestinfo](http://www.psrla.org/pestinfo)



**WHY SHOULD I USE LOW TOXIC PEST MANAGEMENT INSTEAD OF USING PESTICIDES?**

**IT WORKS!**

"INTEGRATED PEST MANAGEMENT" (IPM) DESCRIBES A COMMON SENSE APPROACH TO MANAGING PESTS THAT SEEKS TO PREVENT OR LIMIT HARM TO HUMAN HEALTH AND THE ENVIRONMENT. CONVENTIONAL METHODS OF PEST CONTROL TURN FIRST TO CHEMICALS LIKE PESTICIDES, BUT IPM TRIES TO FIGURE OUT WHY AND HOW PESTS ARE BECOMING A NUISANCE, AND TO TAKE CARE OF THE ROOT CAUSES OF THE PROBLEM, THUS PROVIDING LONG TERM SOLUTIONS. IPM METHODS INCLUDE MONITORING PEST ACTIVITY; EXCLUSION, BY BLOCKING PEST ENTRY POINTS; AND PREVENTION, BY DENYING PESTS ACCESS TO FOOD, WATER AND HABITAT.

**PREVENT HEALTH RISKS!**

CHEMICAL PESTICIDES CAN CAUSE IMMEDIATE POISONINGS THAT RESULT IN STINGING EYES, RASHES, BLISTERS, NAUSEA, DIZZINESS, DIARRHEA, VOMITING AND EVEN DEATH. OVER THE LONG TERM, EXPOSURE TO PESTICIDES HAS BEEN LINKED TO CANCERS, BIRTH DEFECTS, REPRODUCTIVE AND DEVELOPMENTAL HARM, DAMAGE TO BRAIN FUNCTION, AND DISRUPTION OF THE BODY'S HORMONAL SYSTEM — HEALTH IMPACTS THAT CAN OCCUR MONTHS OR YEARS AFTER EXPOSURE. THE CHEMICALS IN PESTICIDE PRODUCTS ALSO POISON OUR AIR, GROUNDWATER, AND SOIL. IPM USES PESTICIDES ONLY AS A LAST RESORT, REDUCING CONTAMINATION OF AIR AND WATER, AS WELL AS THREATS TO HUMAN HEALTH.

**FOR MORE INFORMATION ON PESTICIDES, LOW TOXIC PEST MANAGEMENT, AND WHERE TO FIND LESS TOXIC PEST CONTROL PRODUCTS CONTACT:**

**PHYSICIANS FOR SOCIAL RESPONSIBILITY LOS ANGELES:**  
(213) 689-9170 | [WWW.PSRLA.ORG/PESTINFO](http://WWW.PSRLA.ORG/PESTINFO)  
**CALIFORNIANS FOR PESTICIDE REFORM**  
(415) 981-3939 OR 1 (888) CPR-4880 (TOLL FREE IN CA ONLY)  
[WWW.PESTICIDEREFORM.ORG](http://WWW.PESTICIDEREFORM.ORG)

*This wheel was produced by Physicians for Social Responsibility-Los Angeles. Special thanks to Californians for Pesticide Reform, Biological Urban Gardening Services, and the Los Angeles Unified School District Integrated Pest Management Team for reviewing and improving this tool.*