# Prescriptions for Prevention

## Safer Pest Control

### Did you know?

The toxic chemicals in pesticides can harm human beings Since pests can also affect health, it is important to get rid of pests safely!

## Action Plan

**Prevent pests without toxic chemicals:**

- Eliminate water sources by fixing leaks and cleaning up spills.
- Eliminate food sources by removing crumbs, sealing food containers, and emptying trash.
- Eliminate places where pests may hide by removing clutter.
- Get rid of their entry points. Seal cracks with caulk and put steel wool in holes at entry points in your home (pipes and utilities).
- Hire an integrated pest management (IPM) operator in PA.

**If you must use chemical pesticides:**

- Place bait stations in areas inaccessible to children and pets.
- Choose pesticides with an EPA "Safer Choice" label.
- Avoid sprays but when absolutely necessary target areas where pests hide. Ventilate your home by opening windows. Keep children and pets away until completely dry or longer as directed by pesticide application instructions.
- Never use foggers, or bug bombs. These can be very hazardous to children and pets.

SAFER CHOICE
Meets U.S. EPA Safer Product Standards

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia

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## Resources

### Safer Pest Control

Beyond Pesticides provides information on the least toxic ways to deal with pests. Click here to visit their website or scan the QR code for non-toxic strategies to reduce many types of pests in the home:

### Healthier Cleaning

The Environmental Working Group database lists the least toxic cleaning products to use at home.
Visit: ewg.org/guides/cleaners

### Fixing Leaks

If you are a home owner and need assistance fixing leaks or other home structural problems you may qualify for help through the Philadelphia Energy Authority. There is sometimes a waiting list. For more information, call (215) 686-4483 or fill out their application by clicking here or scanning the QR code:

### Report Rats

Report rats in and around your residence to the Philadelphia Department of Public Health by calling (215) 685-9000. They send an inspector to help with treatment options and provide recommendations on keeping your home free from pests like rodents and cockroaches.

### Integrated Pest Management (IPM)

Many pest control companies provide both chemical and integrated pest management. When looking for IPM, consumers should ask for IPM rather than chemical pesticide services.

### For asthma home visits and classes

The Community Asthma Prevention Program conducts home visits with eligible children and their families to provide education, supplies, and support on managing your child's asthma. For more information you can call (215) 590-5261, click here or scan for their website:

Questions? Contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 prcceh@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

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