



Do these common pests bother you?

You can use IPM in your home and yard to manage:

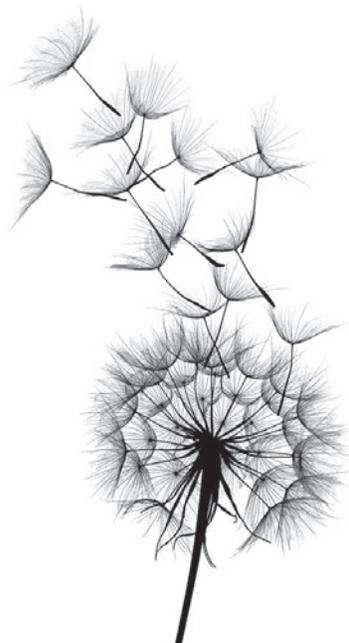
- Ants
- Bedbugs
- Beetles
- Cockroaches
- Fleas
- Flies
- Lice
- Mice and rats
- Mold
- Moths
- Spiders
- Termites
- Yellowjackets
- Weeds



Learn more about IPM for households

Go to these websites to learn all about safely controlling common pests:

- <http://npic.orst.edu/pest/homeipm.html>
- <http://www.ipm.ucdavis.edu/PMG/menu.homegarden.html>
- <https://www.doh.wa.gov/CommunityandEnvironment/Pests>



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PUBLIC HEALTH
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HEALTHIER WASHINGTON

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).

This brochure was adapted with permission from the
Urban Pesticide Education Strategy Team (UPEST).

Integrated Pest Management



For Households



Environmental Public Health Division
Washington State Department of Health

Promoting Urban IPM in Washington



What is Integrated Pest Management?

Integrated Pest Management (IPM) is a way to control pests that helps keep the environment safe and healthy. It reduces exposure to potentially harmful chemicals. In IPM, you learn about common pests and pick the best methods to control them with the least effect to people, pets and the environment. The idea is to understand what attracts pests and prevent them from getting into your home. For long-term prevention choose these control methods:

- Keep kitchens and garbage areas as clean as possible.
- Use physical barriers such as screens and caulk to keep pests out of buildings.
- Set baits or traps to prevent problems or get rid of them early.
- Use natural predators, like ladybugs, to control lawn and garden pests.
- Select plants for landscaping that resist disease.

It Is Easy to Practice IPM

Here are some simple steps to help solve any type of pest problem in your home.

Inspect – Be a detective. Look for signs of the pests, such as dead insects and rodent droppings. Look for damage caused by the pests and conditions they need to survive such as moisture and food.

Learn about the pests – Identify the pest and learn about what it eats, how it reproduces, and where it prefers to live.

Decide if you have a problem – Many pests are just a nuisance, but some can cause serious health problems. Find out more at the websites listed on the back of this brochure.

Keep track of the pests – Watching is a key part of IPM. This helps you learn where most of the pests are and if your control methods are working.

Choose the best option to manage pests – You want to control the pests without harming people, pets, or other creatures and plants that share our environment. Do this by choosing the least hazardous method of pest control. Prevention is the best place to start.

Evaluate – Check often to see if you still have the pest problem. Decide which methods work best and remember that it is much easier to get rid of a small number of pests than a huge number.



Store food in pest proof containers.



Caulk cracks where roaches hide.



Use traps to reduce bothersome insects.



Wipe ant trails with soapy sponge.



Use traps instead of rodent poison.