



Safer Pest Control

Did you know?

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

Action Plan

- ☐ Prevent pests without toxic chemicals:
 - Dry water sources by fixing leaks and cleaning up spills.
 - Get rid of their food by cleaning up crumbs, sealing food containers, and emptying trash.
 - Remove places where pests may hide.
 - Get rid of their entry points. Seal cracks with caulk.
- ☐ If you must use chemical pesticides:
 - Place bait stations out of reach of children and pets.
 - Choose pesticides with an EPA “Safer Choice” label.
 - Open your windows for good airflow.
 - Never use dangerous products like sprays, foggers, [mothballs](#), [insecticide chalk](#), or [tres pasitos](#).
 - Stay away from pesticides that use the words [“WARNING”](#), [“DANGER”](#), or [“POISON”](#) on the label.

Resources

National Pesticide Information Center (NPIC) provides information on safer pest control. Visit their website or call their free hotline:

[more](#) →

1-800-858-7378

npic.orst.edu

To learn more about safer pest management, visit epa.gov/asthma and select “Asthma Triggers: Gain Control”

If you are a renter, and your landlord is not helping you to get rid of pests, you may qualify for free legal help:

New Jersey Legal Services

1-888-576-5529 (8 am-5:30 pm) | lsnj.org/GetLegalHelp

Essex-Newark Legal Services

973-624-4500 (8 am-5 pm) | www.lsnj.org/enls

For more information, visit icahn.mssm.edu/research/pehsu/information