



## **Integrated Pest Management Strategies**

*A pest-free space is an asthma-friendly space*



### **Did you know some pests could trigger asthma symptoms?**

Cockroaches, in particular, can play a significant role in asthma, especially in children.

## **Integrated Pest Management(IPM) strategies can help!**

IPM strategies take a holistic approach to eliminating pests at the source without the use of chemical sprays that can trigger more asthma attacks.

### ***IPM can help even if you don't have any pests!***

They help prevent future infestations.



set an action threshold

- How many cockroaches are too many before you take action?



monitor and identify pests

- Identify how they can come in and out so you can block their entry points.



prevent pests in the home

- Seal any gaps in the home with caulk, and store food in sealed containers.



control pests in the home

- Set up baits and sticky traps, and keep doors and windows closed.

**Want to learn more? Scan the QR code to learn more about IPM strategies for managing and preventing pests in the home!**

