



## **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!**



More resources: <https://www.epa.gov/safepestcontrol/integrated-pest-management-ipm-principles>