

THE 4 NASTIEST PESTS

FLIES WHAT MAKES THEM SO NASTY?

- ▶ These drain and garbage bin dwellers **carry about 6 million different bacteria**, which they transfer to the places they land.
- ▶ House flies breed in filthy environments, eat decaying matter and are **capable of spreading Salmonella, Staphylococcus, E. coli and Shigella**.

HOW TO HELP PREVENT THEM:

1. Cover trash cans with lids, as flies love rotting garbage.
2. Repair ripped door screens and seal openings around windows and doors.
3. Remove standing water and clean up spills and crumbs daily, as these sources attract flies.

COCKROACHES WHAT MAKES THEM SO NASTY?

- ▶ Known to feed on feces, roaches **carry viruses into human habitats**, which can lead to diarrhea, dysentery, typhoid fever and cholera.
- ▶ These night crawlers leave behind a filthy smell and a trail of excrement and skin casings that can cause allergic reactions.

HOW TO HELP PREVENT THEM:

1. Seal off small hiding spaces like wall cracks and holes in cabinets and furniture.
2. Fix leaking pipes or plumbing problems promptly to eliminate condensation.
3. Package food tightly, clean up spills immediately and don't leave dirty dishes out overnight.

MICE WHAT MAKES THEM SO NASTY?

- ▶ Small but foul, mice can transmit diseases through their constant urination and defecation, such as the sometimes-fatal Hantavirus Pulmonary Syndrome.
- ▶ Mice can also transfer Lyme disease, which they can contract from tick bites.

HOW TO HELP PREVENT THEM:

1. These stealthy rodents can easily invade your building for food, water and warmth, so seal all exterior openings that are a quarter-inch or larger.
2. Eliminate food sources by using air-tight storage containers and vacuuming regularly.

TICKS WHAT MAKES THEM SO NASTY?

- ▶ These parasites latch onto hosts to feed on blood and **can transmit Lyme disease**.
- ▶ Fever, headache, fatigue and skin rash are typical symptoms, but if left untreated, Lyme disease can spread to **joints, the heart and the nervous system**.

HOW TO HELP PREVENT THEM:

1. Inspect pets and children for ticks after they've spent time outdoors.
2. Repair cracks and crevices inside and outside your building.