

You deserve a home free of
cockroaches, mice, and other pests.
Shut down their food supply
and help keep your home and family safe.

- Use covered trash cans and take out garbage daily
- Keep all food in sealed plastic or glass containers
- Clean floors often, especially around refrigerator and stove
- Keep sink and counters clear of dirty dishes and water
- Clean pet bowls between meals



Pests, like cockroaches and mice, can trigger asthma and other health problems, but some pesticides and sprays can also be harmful to the health of your family.

There is a safer way to get rid of pests. Contact the Boston Public Health Commission for more tips on how to keep the pests out.

Developed by the Boston Public Health Commission
Asthma Control Program

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