

Integrated Pest Management

**IPM**

FOR HEALTHIER LIVING

**INTEGRATED PEST MANAGEMENT for HEALTHIER LIVING**

is a pilot project of the Kenora Integrated Pest Management Committee. For more information, contact the Northwestern Health Unit at 1-800-830-5978 ext. 259.

**KENORA INTEGRATED PEST MANAGEMENT COMMITTEE**

The **KIPMC** includes representation from:

- City of Kenora
- Ministry of the Environment
- Northwestern Health Unit
- Professional Pesticide Applicators

**QUESTIONS ...**

**about IPM Strategies for your HOME or LAWN?**

**Contact one of the following Professional Applicators:**

TOM'S TURF & TREE PEST CONTROL	1-807-468-7562
POULIN'S EXTERMINATORS	1-888-768-5467
ORKIN	1-800-726-7378
NORWEST PEST CONTROL	1-800-360-1560
KENORA GOLF AND COUNTRY CLUB	1-807-468-4241
GREEN WITH ENVY	1-807-468-7727

**INTEGRATED PEST MANAGEMENT (IPM)**

Important information for families about  
ways to reduce the use of chemicals

**For a Healthier HOME**

**IPM - for a Healthier Home!**

We all want to live in a healthier home. Yet, there is growing concern about the effects of exposures to pesticides, both outdoors and indoors, on prenatal and child health in Canada. One way to help ensure a healthier home is to understand pests and ways to control them so that the benefits of pest control are maximized and the risks to health and the environment are minimized. This approach to healthier living is called Integrated Pest Management (IPM). With an understanding of IPM, families can work together to develop a healthy home plan for managing pests that uses pesticides sparingly or not at all.

**What is IPM?**

Integrated Pest Management (IPM) is an approach to pest control that combines habitat modification, physical and biological methods, cultivation techniques and, if necessary, pesticides. Using IPM, the benefits of pest control are maximized and the risks to human health and the environment are minimized. Applications of pesticides are always the last resort in an IPM program. IPM is not, however, an anti-pesticide program. Rather, it involves selective use of pesticides designed specifically for an intended pest, and only in necessary amounts.

**FACT SHEET  
for FAMILIES**



*Northwestern  
Health Unit*  
[www.nwhu.on.ca](http://www.nwhu.on.ca)



## Why is IPM important?

We live in a chemical world where chemicals can be found on our clothing, food and food packaging, computers, hospitals, most of our workplaces - in virtually all aspects of modern life including our homes. Some chemicals are harmless, some are helpful, and some can create serious health hazards. There is growing concern about the effects of exposures to chemical pesticides on prenatal and child health as children are more sensitive to pesticides than adults. Pesticides may get rid of pests in and around your home, but we must also consider the unintended effects they may have on human health and the environment.

## How can you get started using IPM?

Simple changes in our everyday routines (such as changes in how we choose the products we buy, the ways we clean and maintain our houses, and the methods we use to manage pest infestations) can reduce our long-term exposures to low levels of potentially harmful substances.

## Don't fool around with pesticides...

Did you know that it is against the law to apply more than two applications of herbicides to lawns in one year or to mix a chemical at a rate stronger than what is allowed on the label? Don't fool around with pesticides. Wear protective equipment and follow instructions carefully to avoid misuse. Better yet, call a professional pesticide applicator who is trained and licensed.

# Integrated Pest Management Strategies for Your HOME

## THE PRODUCTS YOU BUY

- Read labels carefully. Choose non-toxic products or the least hazardous product to the do job.
- Choose pump spray containers instead of aerosols which produce a finer mist that is more easily inhaled.

## PEST PREVENTION STARTS WITH A CLEAN HOUSE

- Vacuum carpets and floors regularly and spot-clean with common household items such as baking soda, vinegar or soap and water. Enlist a carpet service that uses less-toxic cleaners.
- Clean food and drink spills immediately to deprive pests of snacks.
- Remove clutter which provides habitat for pests.
- Seal food in air-tight and secure containers.
- Remove garbage daily and keep dumpsters closed.
- Rinse recycling cans and bottles so you don't attract pests.
- Clean those hard-to-reach places you can't see on a regular basis.

## MAINTAIN YOUR HOME TO KEEP PESTS OUT

- Keep screens and doors in good repair (keep pests out).
- Trim bushes and trees away from the house (remove pest habitat).
- Repair plumbing leaks (pests need a source of water).
- Install gutters to ensure water is carried away from the house.
- Clean gutters and outside drains.
- Consider installing a dehumidifier or an air conditioner to remove household humidity. Ensure good drainage under air conditioners.
- Establish a bare strip of gravel, crushed stone or concrete against the foundations of the house.
- Seal crevices and repair grouting in wall and floor tiles.

## DEALING WITH PESTS

- Welcome the help of natural predators such as spiders and ladybugs which feed on aphids, mites and other small insects and their eggs.
- Trap pests with the help of black lights, sticky paper, pheromones (chemicals that attract insect pests) and mechanical traps.
- Don't use "fogs" or "bombs" as they do not effectively target intended pests.