

Keep Mice and Roaches Out of Your Home

With so many families spending all their time at home, the [DC Healthy Housing Collaborative](#) is sharing the following tips to keep mice, roaches and other pests out of your home.



TIP #1: EMPTY YOUR PET BOWL IN BETWEEN MEALS

Your pets like food, but so do pests like cockroaches (waterbugs). Empty your pet bowls when your pets are not eating to keep unwelcome pests from finding the food.

TIP #2: STORE YOUR FOOD IN THICK PLASTIC CONTAINERS

Mice can chew through cardboard or thin plastic, and bugs can chew through cereal boxes. Use thick plastic containers to keep your food safe.

TIP #3: COVER YOUR TRASHCAN

Find a lid or other way to cover the trash in your kitchen. Uncovered trashcans attract pests.



TIP #4: EMPTY YOUR SINK

It is important not to leave dishes and standing water in the sink. Clean and put away dishes before you go to bed so that bugs do not come in during the night.

TIP #5: DO NOT USE BUG SPRAYS OR FOGGERS

Sprays are not a good way to treat roaches. The smell from the sprays can also cause asthma attacks. Instead, use bug baits and gels. These products will kill both the adult bugs and their eggs.

TIP #6: FILL SMALL HOLES WITH CAULK AND COPPER WIRE TO KEEP MICE OUT

Mice can come into your home through small cracks like under doors and under baseboards. Use caulk and copper wire to cover up small holes near your kitchen and doorways.

TIP #7: PAY ATTENTION IF A NEIGHBOR IS MOVING OUT

If you live in an apartment building and a neighbor moves out, mice may move from their apartment to yours. Spend extra time following the above tips during this time to keep mice out.