

You deserve a home free of
cockroaches, mice, and other pests.
Take away their hiding spots
and help keep your home and family safe.

- Keep laundry in a covered hamper
- Store toys in a bin
- Vacuum carpets and floors regularly
- Make sure blankets and covers are off the floor



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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