

INTELLIGENT PEST MANAGEMENT® AND CONTROL OF TICKS

Inspection (Be very thorough.)

- Deer ticks are as tiny as a freckle and hard to spot- dog ticks maybe about as large as a match head. Both like to burrow in along the hairline - so carefully look and feel along the back of your neck, around your ears and forehead and those of your pets and children, especially in the hair.
- Look in rooms where dogs sleep, under the edge of rugs, under furniture, in cracks around baseboards, window and door frames, in dog boxes.
- Ticks prefer still, damp, shady areas, so turn on the lights and dehumidifier and fans.

Habitat Alteration and Control (They prefer shady areas.)

Advise occupants to:

- Forget modesty: Thoroughly and carefully inspect pets, children and one another regularly (at least once a day) for ticks. Try lightly using Safe Solutions Insect Repellent, neem oil, food-grade diatomaceous earth in your pet's fur or menthol on their fur as a repellent.
- Wash dog bedding frequently with Safe Solutions Pet Wash or their enzyme cleaner with sodium borate.
- Keep grass cut short around buildings and paths and vegetation trimmed. Screen and caulk. Keeping grass cut under 3" in height lowers the humidity at ground level making it difficult for ticks to survive desiccation and their predators.
- Keep stray dogs and wildlife out of the yard. Fence your yard. Remove all underbrush and shrubs.
- As a last resort have a veterinarian treat pets using pesticidal dips, washes or dusts. **Do not let small children play with dogs that have been recently treated.** Try bathing pets with Safe Solutions Pet Wash or their enzyme cleaner with peppermint or even menthol or with food-grade DE first.

Inside:

- Caulk/seal all tiny spaces, crack and crevices where ticks hide. Don't forget to check behind mop boards, moldings, frames and baseboards, in furniture and carpets and rugs and inside window pulley openings. Lightly dust with food-grade DE, boric acid, table salt, baking soda, talcum powder, medicated body powder or powdered sulphur or Comet®. Spray Not Nice to Bugs® or diluted enzyme cleaners as needed.
- Vacuum daily under the edge of rugs, under furniture, in cracks around baseboards, window and door frames, in dog boxes. Try spraying and/or cleaning with 1 oz. diluted Safe Solutions, Inc. enzyme cleaners per 1 qt. water and/or peppermint soaps or menthol soaps and/or 1 tablespoon of borax or salt and 1 tablespoon of 3% hydrogen peroxide (**Caution: This mix will cause discoloration of certain fabrics, paints, colors, etc.**) or routinely steam clean the entire area.
- Routinely launder your pet's bedding with diluted Safe Solutions, Inc. enzyme cleaner and borax and groom your pets. Then lightly dust with Safe Solutions Food-grade DE.
- Fogging for ticks with volatile pesticide poisons is useless and dangerous.

Outside:

- Keep grass, weeds, shrubs and brush cut short and severely trimmed or cultivated wherever you walk or play.
- Practice proper sanitation. Remove clutter and debris.
- Avoid tick infested areas and/or wear appropriate clothing.
- Seal all cracks, crevices and other openings into your home or buildings. Remove leaf litter and debris.
- Make tick flags, drags and/or traps; keep grass and brush trimmed and routinely sprayed with diluted enzyme cleaner using a hose-end sprayer, or lightly dusted with powdered lime or medicated body powder and/or sulphur. Remember, the shaded areas usually produce the most ticks.
- Raise and allow Guinea hens roam free for them to search out and destroy ticks.
- Read and utilize this Master IPM Planning Manual.

Follow-up - It is important that everyone know that dogs should be protected or inspected daily even after treatment since eggs can take 30 days to hatch. **Take time to assure occupants that brown dog ticks do**

not normally bite humans and will, therefore, not transmit a disease. The fear of Lyme disease can create hysteria and a desire for overkill; explain that the brown dog tick does not spread Lyme disease.

Intelligent Pest Management® Non-toxic Dust Mite Control:

1. **Practice proper sanitation and avoid using humidifiers. Reduce the relative humidity with dehumidifiers or air conditioners. The one thing that dust mites never do is drink; they suck moisture from the air, so dry conditions will kill them.** Remove (if possible) any dander, dead skin and/or dust and/or dust catching materials, e.g., books, magazines, clutter, stuffed animals, rugs, textiles, furs, feathers, woolens, drapes, carpets, etc. and/or enclose mattresses, pillows and box springs in plastic or zippered allergen-impermeable encasings designed to block dust mites and spray all surfaces with diluted Safe Solutions Enzyme Cleaners with Peppermint (1 oz. per 1 qt. water) as needed. Install allergen trapping filters in air conditioning/heating systems. Keep all clothing in closets with the doors closed. Keep windows closed in the spring. **Clean the air with HEPA air filtration or electrostatic air filters.** Tannic acid neutralizes the allergens in dust mite and animal dander; so dust problem areas with tannic acid powder.
2. Avoid sleeping with or keeping pets - especially cats and dogs or wash them often with Safe Solutions Pet Wash. **It is best to keep your pets outside;** if you can not, HEPA vacuum carpets, rugs, floors, mattresses, pillows, drapes, etc. daily and wash your hands after petting your pet. Dander stays around long after the pet has gone.
3. Keep windows and doors closed and as weather-tight as much as possible to avoid the entry of pollen and insects. Clean window coverings every two weeks or replace with shades or mini-blinds.
4. Keep food products in glass containers and control all insect pests.
5. Reduce the relative humidity below 60%; repair all plumbing/moisture problems; install a dehumidifier and/or air filtration system. **Hot air vents should be covered with HEPA filters.**
6. **Avoid wet mopping and dusting unless you use diluted or Safe Solutions, Inc. Enzyme Cleaners and borax.** Then use diluted enzyme cleaner in a rinse-and-vac or spray diluted enzyme cleaners, but vacuum very thoroughly with a rinse-and-vac, water vacuum or Li'l Hummer with a HEPA filter at least once a week - **go very slowly** and allow the vacuum to actually suck up all materials; dust furniture and shelves before you vacuum. Carefully and slowly vacuum beds, pillows, drapes, carpet, upholstered furniture, floors, etc. **Steam clean everything but make sure everything is dry. Don't allow smoking in the building.**
7. Shampoo or steam clean or dry clean (off premises and air out thoroughly before returning) or better yet, simply put in to the sun all non-washable carpets at least one a year.
8. **Weekly washing** sheets, pillows, rugs and carpets in Safe Solutions, Inc. enzyme cleaners, soapy water or borax at least 122° F. for 5 - 8 minutes will kill all mites. Use silk or tightly woven linen sheets and pillow cases; dust mites can not pass through them.
9. **Direct sunlight** also kills mites and bedding is the prime harborage for dust mites, with stuffed furniture a close second. So put furniture, bedding, drapes, clothing, etc. out in the sun and/or line dry your washing. Replace heavy drapes with washable shades, mini-blinds or lightweight curtains.
10. Put plush toys in a plastic bag, tie the bag and freeze for 24 hours. Repeat as needed, e.g., once a week or wash them weekly. **It is best to only purchase washable stuffed toys and wash them weekly with enzyme cleaner in water (100° - 120° F.).**
11. To help control dust and dust mite allergens take a (square box) window fan, using duct tape attach two (charcoal) furnace filters (cut to size) to the fan grills on both the intake and exhaust sides. Turn on the fan to filter the air. **Activated charcoal will increase the filtration results** and help remove odors and some toxic gases. Change filters as needed. You can also use a high-efficiency HEPA air cleaner.
12. Over 25% of the mass of an old pillow might be dust and dust mites - so get a new one every 6 months. **Remove carpeting and drapes if needed.**

Least-toxic Control:

13. Routinely steam clean and clean the mattress with Hygienitech (<http://www.hygienitech.com>) and/or mop and clean with diluted Safe Solutions, Inc. enzyme cleaner or peppermint soap or alcohol. Then, if you still have any allergic reactions, as a last resort, you may have to try to clean with borax or Mop Up® (sodium borate) or a cleaning solution called Allerite® which penetrates carpet fibers and when vacuumed up dislodges all allergen-bearing mite feces. Houses severely infested with dust mites might require four

vacuumings with Allerite® over a two-month period to reduce mite allergens to tolerable levels (less than two micrograms of allergen per gram of dust). Tannic acid can be used to control dust mites.

14. Clean any mold in the basement, bathrooms, kitchen, etc. with diluted bleach or borax or, better yet, with diluted Safe Solutions, Inc. enzyme cleaners and/or borax or sodium borate.
15. **As a last resort**, if none of the above options work on your dust mites, there are two insect growth regulators, Altosid® and Altonar®, the mosquito repellent diethyl-m-toluamide (DEET), and the herbal mixture Paragerm®, which contains solol, thymol, terpineol, citrus fruit natural essence, natural essence of *Syringa* and *Nardus* spp. plants, two halogenized phenyl alcohols and light liquid paraffin. The herbal product, hopefully, will not affect asthmatics or those with allergies. Always remember most pesticide poisons have little effect on dust mites. **You should instead try diluted Safe Solutions Enzyme Cleaner with Peppermint with borax or sodium borate or use a steam cleaner first.**

*Safe Solutions products may be purchased online at:

<http://www.safesolutionsinc.com>

or by telephone at:

1-888-443-8738.

