

WHAT IS INTEGRATED PEST MANAGEMENT (IPM)?

IPM is a common-sense approach to managing pests while reducing the use of harmful pesticides. IPM programs focus on preventing pest problems by getting rid of the food, water and shelter that pests need to survive. When pest management is needed, IPM uses a combination of common-sense, least harmful practices. IPM works because combined (integrated) approaches for pest management are more effective in the end than a single approach, like spraying pesticides. IPM in a facility is always a team effort between the program staff, janitorial staff, parents, and the building manager, landlord and pest management professional. Everyone has a role to play and must communicate and cooperate.

Why use IPM?

IPM targets the conditions in your facility that allow pests to become a problem rather than simply treating the symptoms (pests).

Therefore, IPM:

- ▶ is more effective at eliminating pests.
- ▶ prevents pest infestations in the future.
- ▶ is less likely to cause harm to children, staff and the environment.
- ▶ can save time, money and energy.
- ▶ will lead to fewer pest problems.
- ▶ is encouraged in California by the Healthy Schools Act (see page 5).
- ▶ reduces short and long-term health problems associated with pesticide use.

Steps to Successful IPM:

1 PREVENTION

- ▶ Keep pests out of areas where you don't want them.
- ▶ Remove pests' access to food, water and shelter.

2 INSPECTION

- ▶ Carefully inspect your indoor and outdoor areas for evidence of pests, damage by pests or the pests themselves.

3 IDENTIFICATION OF PESTS

- ▶ Identify which pests are present in and around your facility. Positive identification will help you to determine the best plan of action. For example, do you have Norway rats or roof rats? They must be dealt with differently.
- ▶ Learn the signs of their presence such as droppings or damage, even when pests are out of sight.
- ▶ Identify pests' characteristics and habits: what are their food, water and shelter needs and what is their life cycle?

4 MONITORING

Look for signs of pests in the buildings and grounds to:

- ▶ identify pest problems early.
- ▶ determine if and when treatment is needed.
- ▶ determine whether current strategies are working.

5 MANAGEMENT

If pests become a problem, you will need to do something to manage or suppress them.

- ▶ Use materials and practices that maximize effectiveness, safety and reduce pesticide exposure to children and staff.
- ▶ Often you can manage pests with nonchemical steps.
- ▶ If you use pesticides, choose least harmful pesticides such as bait stations or gels. Combine them with preventive practices so pests won't come back.



EXAMPLE OF HOW TO USE IPM

What to do if you see cockroaches

Before you develop a plan to get rid of the cockroaches, ask yourself: are there nearby tenants who should be involved? Consider your building's



location, neighbors and ownership. Are you in a separate building or shared space? Are you renting or leasing? If you focus on only your part of the building, the cockroaches may move away



for a short time and return later. If you have cockroaches, your neighbors probably do too. If you're renting or leasing space, the landlord or building owner

should work with all tenants in your building.

What to do in an emergency

If you discover cockroaches behind a large appliance, such as a refrigerator, do not spray! Work with another staff person and get a canister vacuum cleaner and hair dryer. One person will use the hair dryer to flush out the cockroaches and the other person will vacuum them up with the canister vacuum cleaner. Vacuum their hiding place twice, five minutes apart. During the first pass the cockroaches will scatter. They'll resettle by the time you vacuum again.

Then use the steps described on the right. If you want to hire an expert, hire a Pest Management Professional (PMP) who is knowledgeable about IPM (see page 28, How to Hire a PMP).

DO

- 1 Find out where the cockroaches are coming from; for example, by setting and monitoring sticky traps next to the walls behind cabinets and in corners near food and water sources.
- 2 Seal cracks and crevices, gaps around pipes, and other areas to reduce hiding and breeding places and to keep them out of the building. Also, inspect packages and boxes for other sources of cockroaches.
- 3 Routinely clean up food residues so cockroaches don't have food. Keep food in sealed containers. Fix leaky faucets so cockroaches don't have water.
- 4 Keep garbage in lined, covered containers.
- 5 Eliminate clutter. Take supplies out of boxes and store in cupboards or open metal shelving.
- 6 Put out sticky traps to find out early if roaches return.
- 7 Use bait stations or gels for managing existing roach problems.

DON'T

- 8 Don't react immediately by spraying, putting out poison, or using foggers. These methods can be dangerous. If you can't handle the problem yourself, hire a PMP who practices IPM.

Remember, unless you are only using baits or gels which are exempt from the requirements of the Healthy Schools Act, you need to notify concerned staff and parents when you apply a pesticide. Note – not everybody needs to be notified, just those who requested notification.

For more information on specific pests, see the *CCHP Health and Safety Notes*. A list of these *Notes* is available in the *Appendix*.