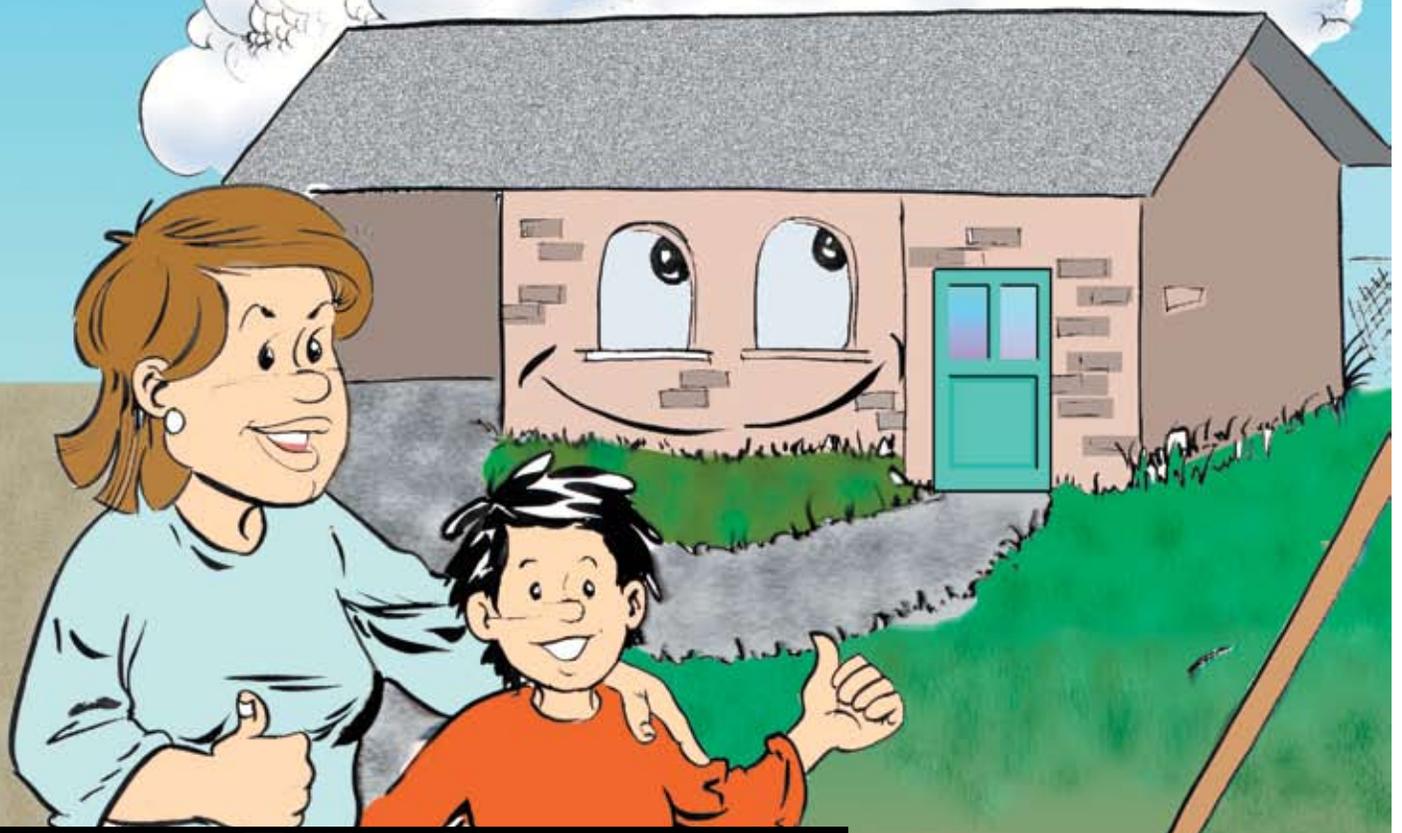


BREATHING EASY AT HOME



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English translation provided by: The Southern Area Health Education Center at New Mexico State University, Migrant Clinicians Network and the Center for Environmental Resource Management at the University of Texas at El Paso.





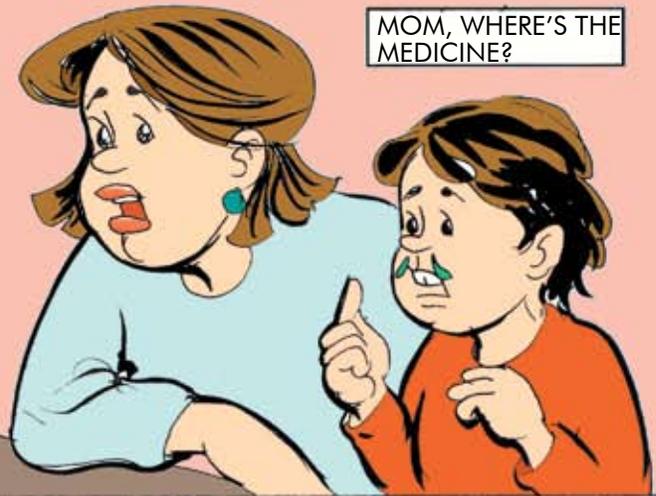
MARY AND GRACE
CHAT INSIDE...

WHY DIDN'T JOHNNY
GO TO SCHOOL?

OH MARY! LOOK AT THE WEATHER OUTSIDE. I
TOOK HIM TO SCHOOL, BUT HE COULDN'T STAY.
HE FELT SICK AND HAD TO COME BACK HOME.



MOM, WHERE'S THE
MEDICINE?



THIS ALWAYS HAPPENS TO HIM THIS TIME OF
YEAR. IT STARTS WITH A RUNNY NOSE. THEN
COME THE HEADACHES, WHEEZING AND A
LOT OF OTHER THINGS.



GRACE, I THINK WHAT'S
HAPPENING TO JOHNNY
IS THE SAME THING THAT
HAPPENS TO SO MANY
OTHER KIDS.

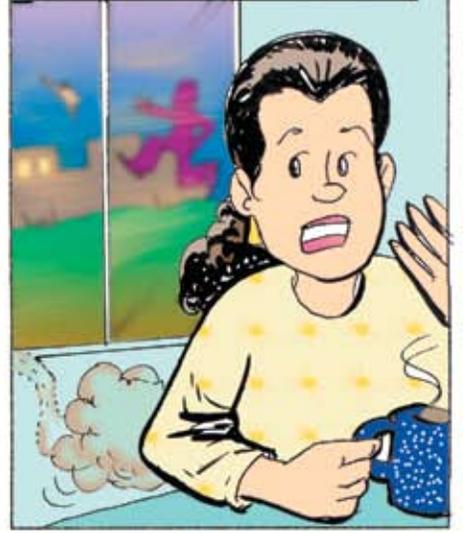


WELL IF IT'S HAPPENING TO
SO MANY OTHERS, IT MUST BE
NORMAL. RIGHT?

WELL OF COURSE IT'S NOT NORMAL! IF SO MANY OTHER KIDS HAVE IT, IT MEANS SOMETHING IS GOING ON. DO YOU NOW THAT I HEARD THAT THERE ARE STUDIES THAT SAY THAT SOMETIMES THERE'S MORE POLLUTION INSIDE OUR HOME THAT OUTSIDE.



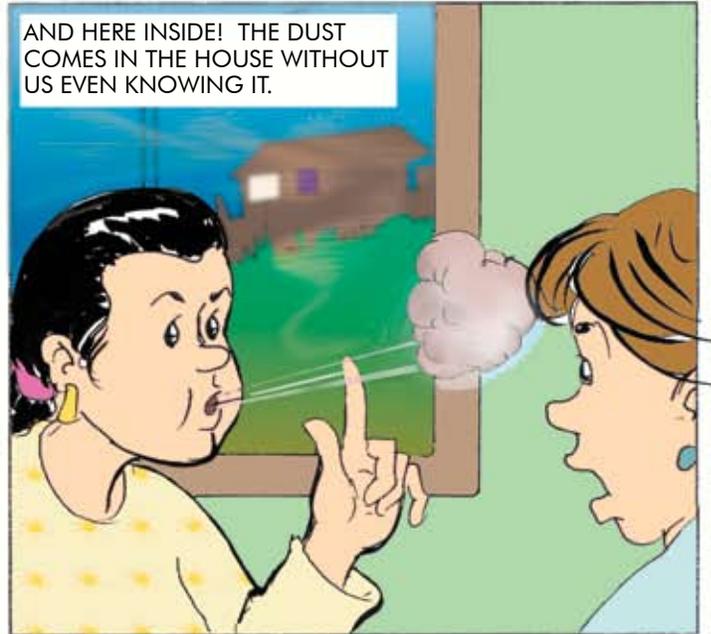
WHEN DUST GETS INSIDE THE HOME, IT CAUSES LOTS OF RESPIRATORY PROBLEMS.



YES, LOOK AT ALL THAT DIRT. THAT'S WHY JOHNNY GOT THE WAY HE IS. THE GOOD THING IS THAT I JUST CLOSE EVERYTHING UP AND ALL THE DUST STAYS OUTSIDE.



AND HERE INSIDE! THE DUST COMES IN THE HOUSE WITHOUT US EVEN KNOWING IT.



WHAT DO YOU THINK ALL THOSE LITTLE THINGS ARE THAT YOU SEE FLOATING IN THE LIGHT? AND WHERE DO YOU THINK THEY'LL END UP?



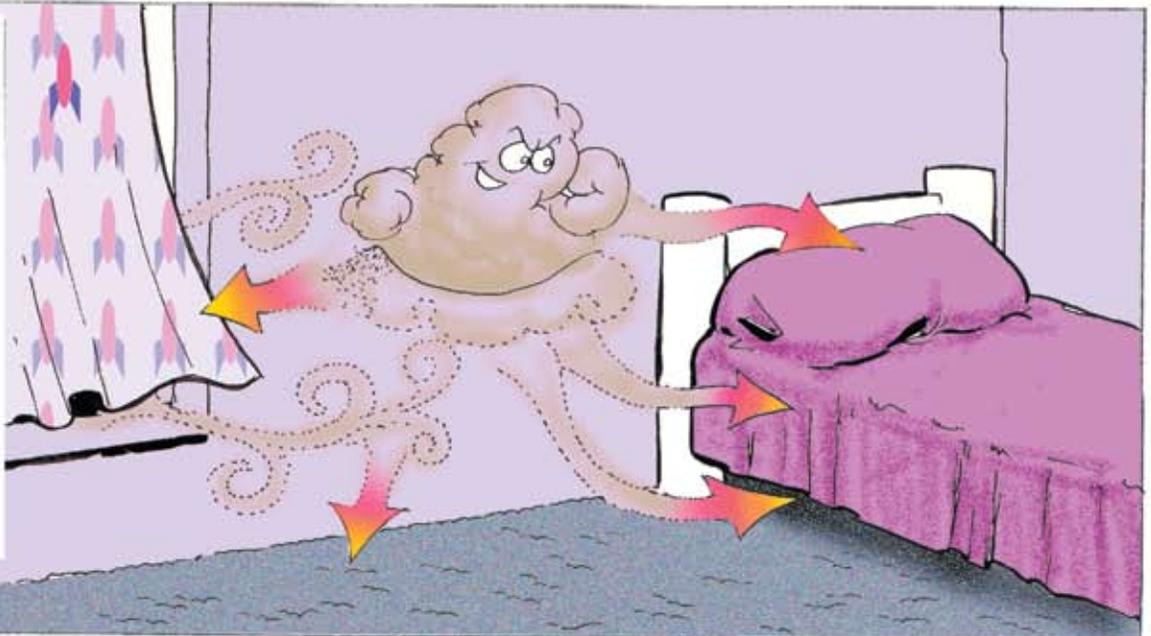
OH MY GOODNESS! WELL THAT'S ALWAYS THERE. THERE'S NO WAY TO GET RID OF IT. EVEN IF I DUST WITH A WET CLOTH, IT'S ALWAYS FLOATING THERE.

VERY GOOD! THE CLOTH HAS TO BE WET TO PICK UP DUST.

WELL OF COURSE! IF YOU DIDN'T WET IT, THEN YOU WOULD JUST BE MOVING THE DUST AROUND.

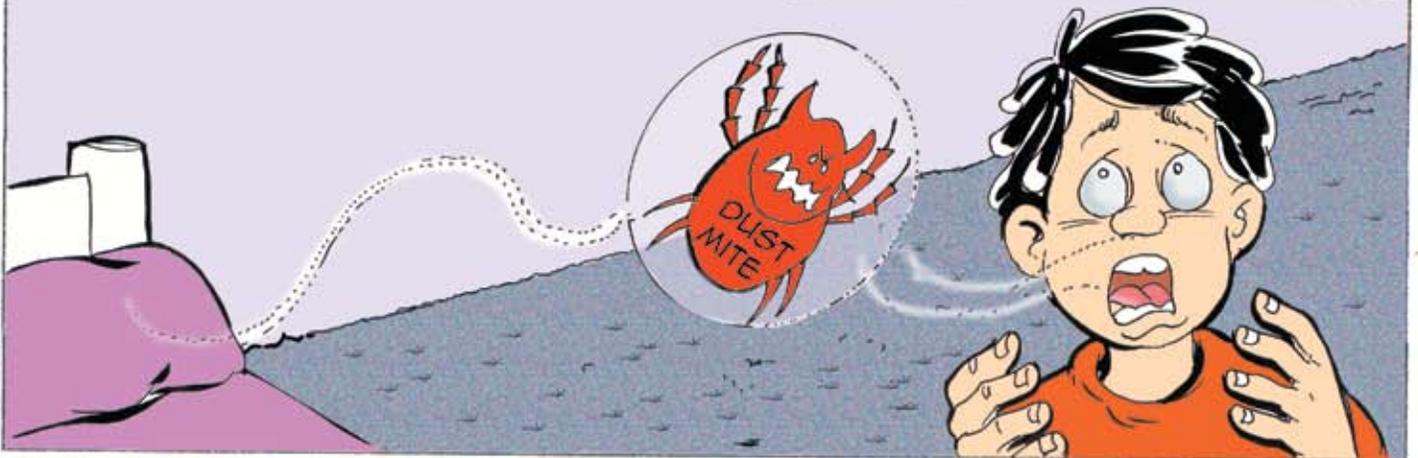


BUT LOOK, THERE ARE SOME PLACES WHERE DUST GATHERS AND WE DON'T NOTICE IT. LIKE ON CURTAINS, CARPETS, RUGS, BLANKETS, AND MATTRESSES. THE DUST KEEPS COMING IN AND BEFORE WE KNOW IT, THERE'S A PILE OF DUST JUST WAITING TO GIVE US RESPIRATORY PROBLEMS.



TINY SPIDER-LIKE BUGS CALLED DUST MITES ALSO HIDE IN THESE PLACES. PEOPLE WHO HAVE ALLERGIES OR ASTHMA HAVE VERY STRONG REACTIONS TO THESE BUGS.

WHATEVER FALLS ON THE CARPET WILL TAKE A LONG TIME TO GET OUT. AND IF IT DOESN'T GET ANY SUNLIGHT, IT'S EVEN WORSE. DUST MITES AND MICROBES WILL BE THERE FOR A LONG TIME AND CAUSE PROBLEMS.



BUT MARY, MY COUCHES ARE UPHOLSTERED WITH VINYL.

THAT'S GREAT! VINYL AND LEATHER ARE EASIER TO CLEAN BECAUSE DUST CAN'T GET INTO THEIR FIBERS THE WAY IT CAN WITH CLOTH. NO MATTER, IT'S IMPORTANT TO VACUUM AND WASH YOUR FURNITURE TO KEEP THE DUST OFF.

WE ARE DUST AND TO DUST WE SHALL RETURN.

BUT WE DON'T HAVE TO TURN TO DUST JUST YET. WE CAN MAKE THINGS BETTER INSIDE THE HOUSE.



TELL ME HOW. PLEASE DON'T THINK I'M LAZY. I JUST NEED MORE INFORMATION.

THAT'S THE SPIRIT! PREVENTION IS THE KEY TO AVOIDING INDOOR PROBLEMS.

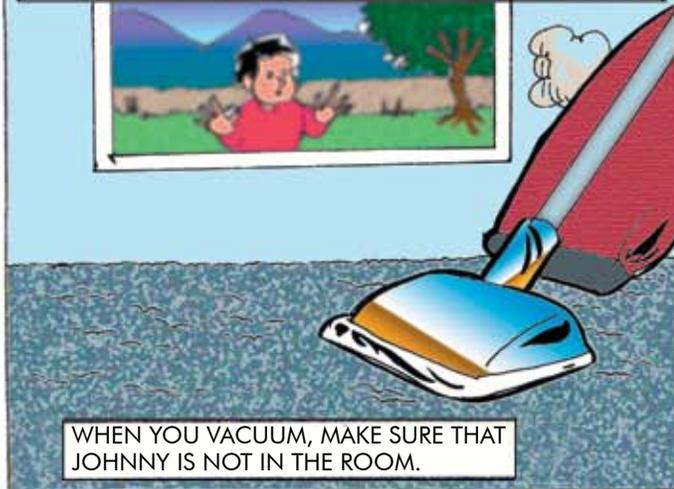


THE MAIN STEPS FOR PREVENTING RESPIRATORY ILLNESSES ARE:

SEAL,
CLEAN,
DRY

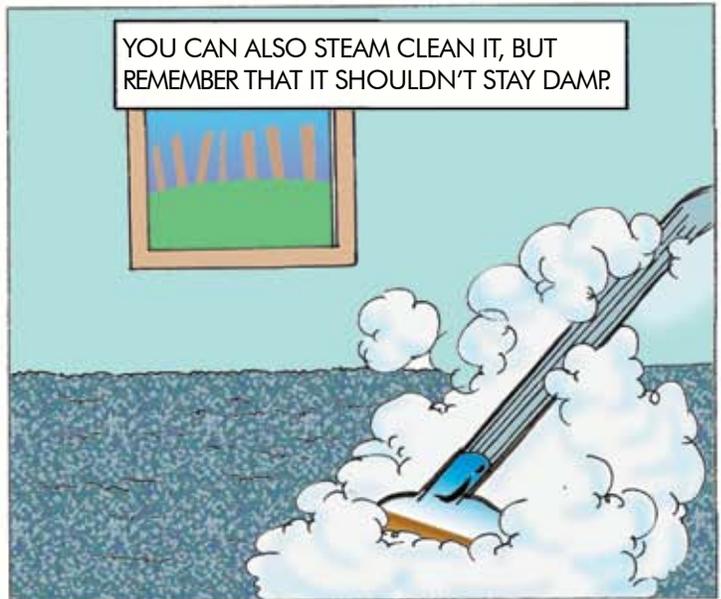


CLEAN EVERYTHING MADE OF CLOTH REALLY GOOD AND OFTEN. DUST BUILDS UP ON THINGS MADE OF CLOTH. VACUUM CARPETS AT LEAST ONCE PER WEEK.

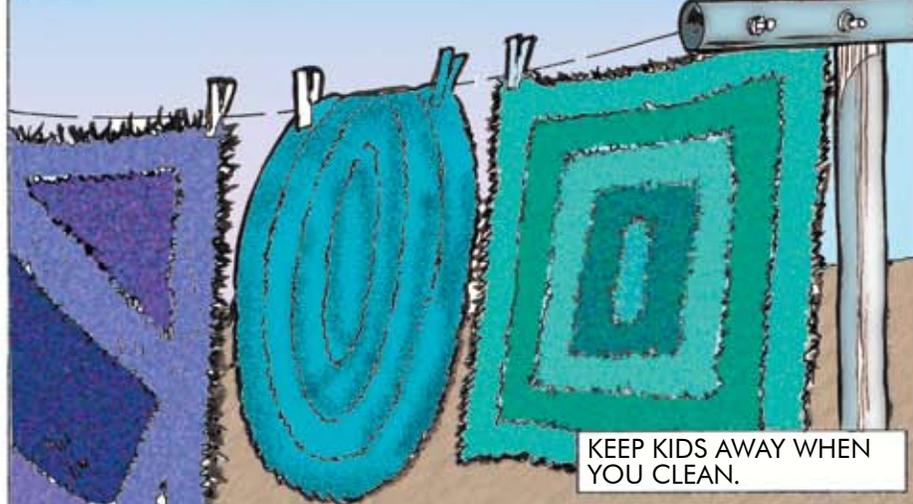


WHEN YOU VACUUM, MAKE SURE THAT JOHNNY IS NOT IN THE ROOM.

YOU CAN ALSO STEAM CLEAN IT, BUT REMEMBER THAT IT SHOULDN'T STAY DAMP.



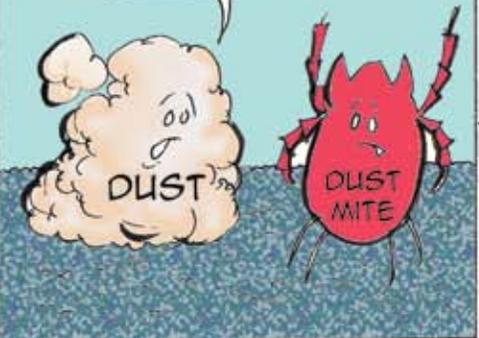
YOU CAN DUST THESE OFF OUTSIDE AND HANG THEM OUT IN THE SUN ON A DAY THAT'S NOT VERY WINDY. THE SUN IS A GREAT PURIFIER.



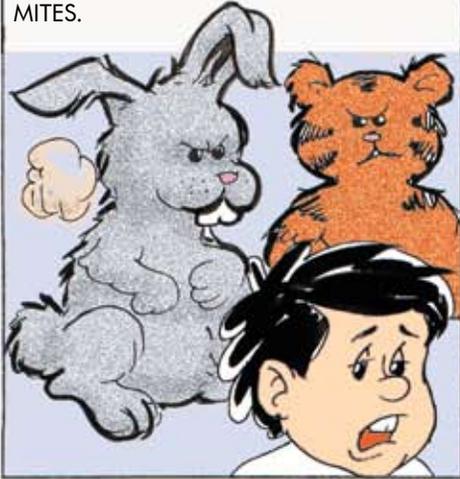
KEEP KIDS AWAY WHEN YOU CLEAN.

CARPETS WITH SHORT FIBERS ARE BETTER, BECAUSE THEY DON'T HOLD AS MUCH DUST AND THEY'RE EASIER TO CLEAN.

LET'S JUST GO. THEY DON'T WANT US HERE ANYMORE!



GET RID OF STUFFED ANIMALS. THEY GET REALLY DUSTY AND ARE SOMETIMES MADE OF MATERIALS THAT CAUSE ALLERGIES. YOU CAN ALSO WASH THEM IN HOT WATER OR PUT THEM IN A PLASTIC BAG OVERNIGHT TO KILL DUST MITES.



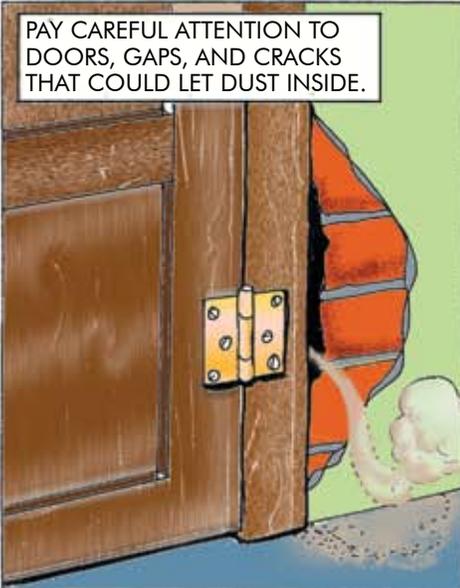
WASH PILLOWS AND BLANKETS EVERY 2 WEEKS IN HOT WATER.



ONCE YOU SEAL THE HOUSE WELL, DUST AND OTHER CONTAMINANTS WILL STAY OUTSIDE.



PAY CAREFUL ATTENTION TO DOORS, GAPS, AND CRACKS THAT COULD LET DUST INSIDE.



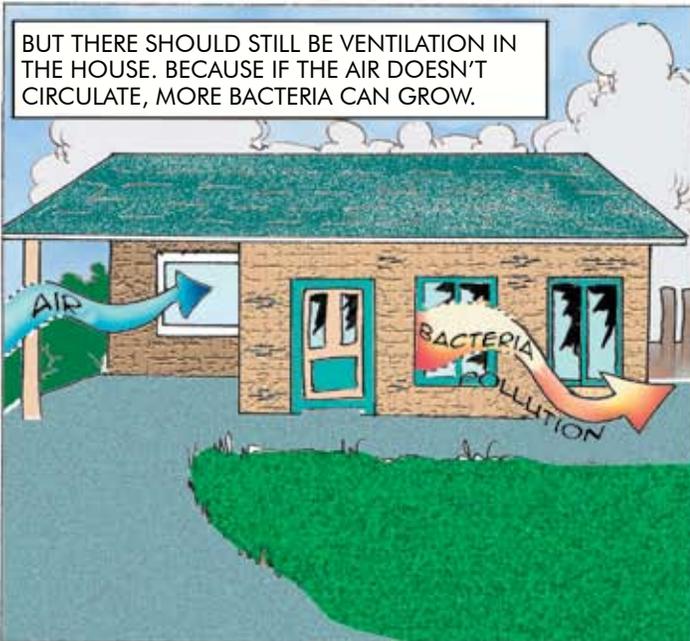
AND SEAL THOSE SPACES WITH SILICONE OR FOAM.



FIX DOORS AND WINDOWS SO THAT THEY DON'T LET DUST IN.

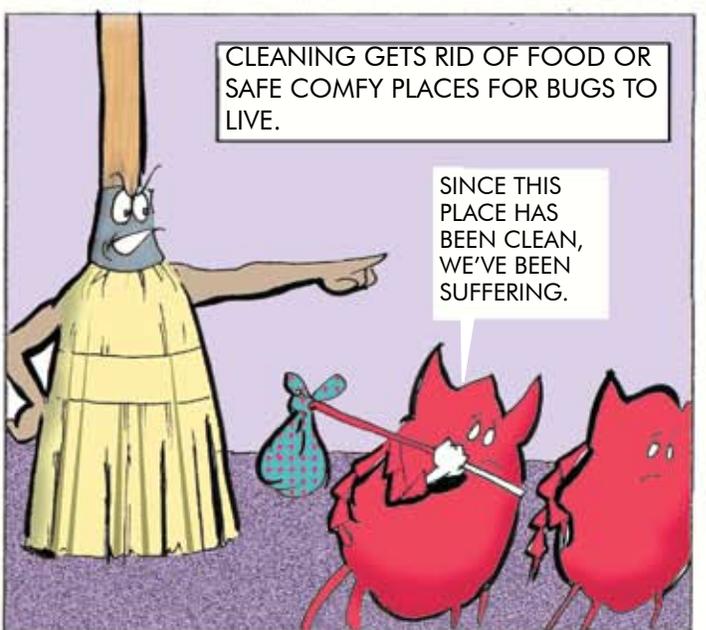


BUT THERE SHOULD STILL BE VENTILATION IN THE HOUSE. BECAUSE IF THE AIR DOESN'T CIRCULATE, MORE BACTERIA CAN GROW.



CLEANING GETS RID OF FOOD OR SAFE COMFY PLACES FOR BUGS TO LIVE.

SINCE THIS PLACE HAS BEEN CLEAN, WE'VE BEEN SUFFERING.



DOES THE DOG COME INSIDE?

WELL, ROVER COMES INSIDE EVERY ONCE IN A WHILE TO PLAY WITH JOHNNY.



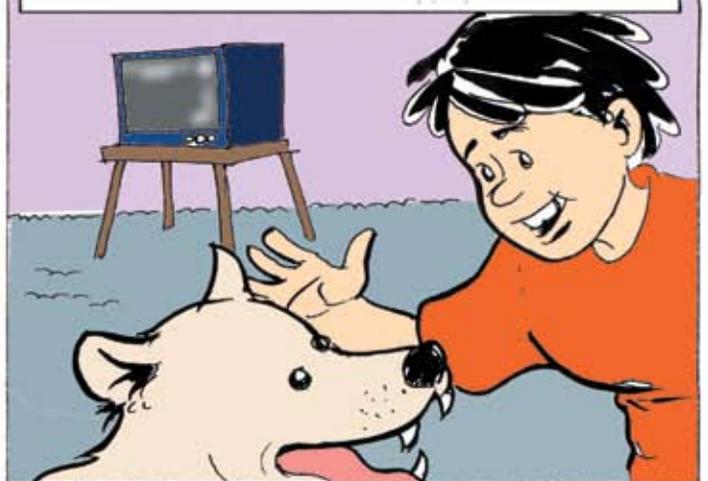
BE VERY CAREFUL, SOME PEOPLE HAVE ALLERGIC REACTIONS TO PET DANDER, TINY PARTICLES THAT COME OFF THE ANIMAL'S SKIN.



WHAT'S MORE, DANDER IS THE MAIN FOOD SOURCE FOR MITES, THE LITTLE BUGS I TALKED ABOUT.



OH YOU DARN DOG! I HAD NO IDEA WHY JOHNNY'S EYES WOULD WATER EVERY TIME ROVER CAME INSIDE. FROM NOW ON, ROVER WILL STAY OUTSIDE!

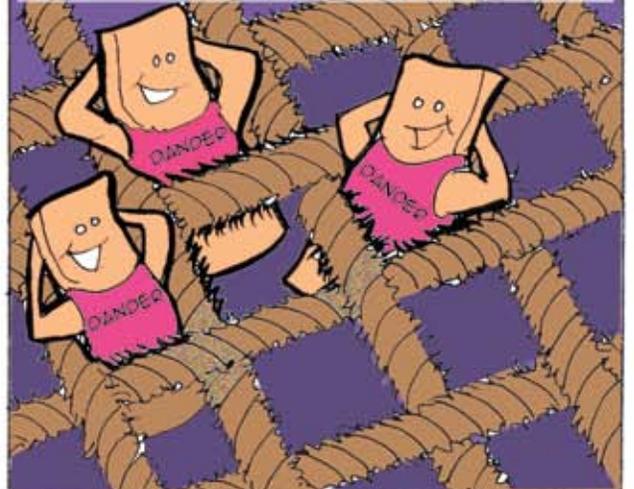


HEY, MY COUSIN KATHY'S KID ALSO GETS REALLY SICK WHEN THE CAT GOES NEAR HIM.

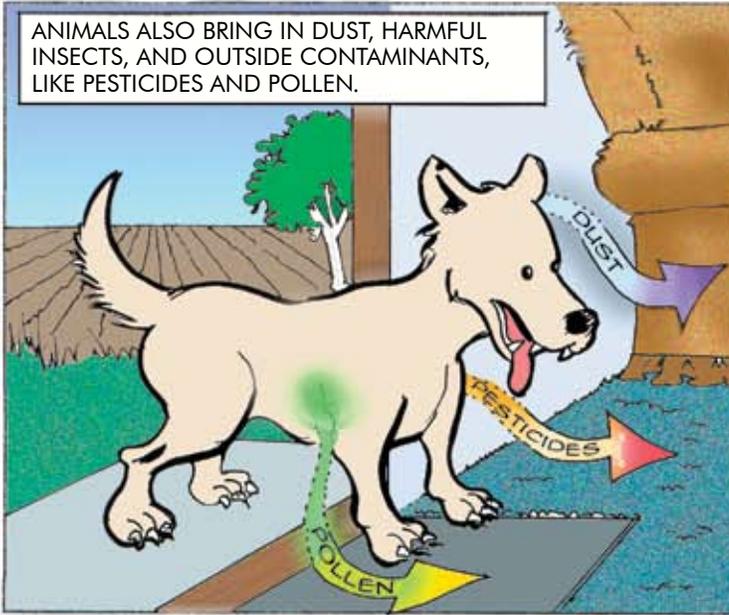
THE DANDER THAT COMES OFF CATS IS VERY DANGEROUS FOR PEOPLE WHO ARE ALLERGIC TO THEM.



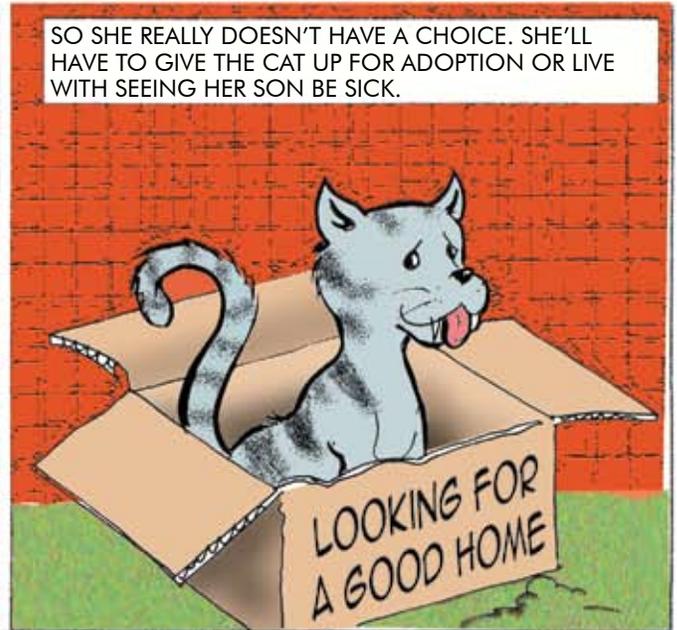
THIS DANDER BUILDS UP ON CLOTHES, SURFACES, OR IT CAN STAY TRAPPED IN THE FIBERS OF SOME MATERIALS LIKE CARPETS, RUGS, BLANKETS, AND UPHOLSTERY.



ANIMALS ALSO BRING IN DUST, HARMFUL INSECTS, AND OUTSIDE CONTAMINANTS, LIKE PESTICIDES AND POLLEN.



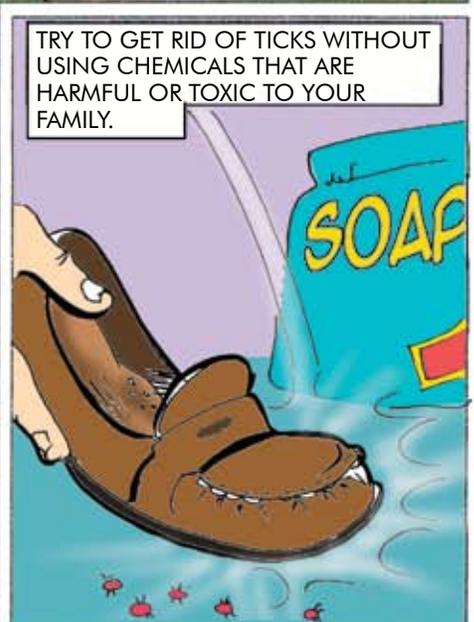
SO SHE REALLY DOESN'T HAVE A CHOICE. SHE'LL HAVE TO GIVE THE CAT UP FOR ADOPTION OR LIVE WITH SEEING HER SON BE SICK.



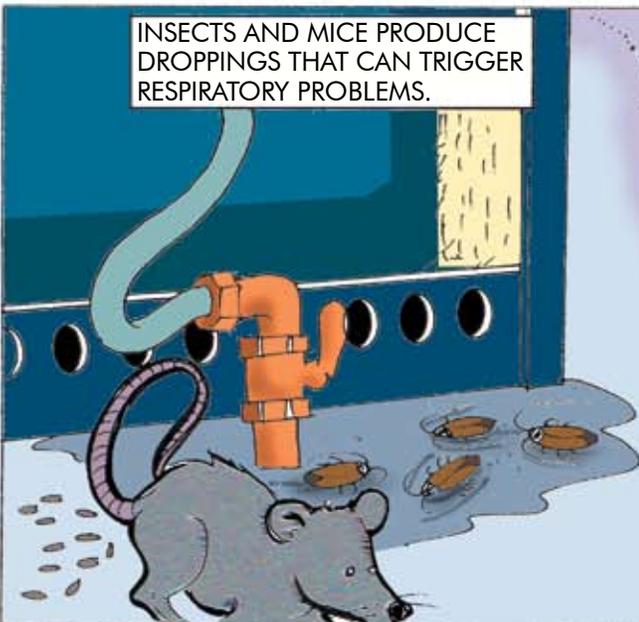
REMOVE DANDER, FUR, TICKS, AND OTHER CONTAMINANTS, CLEAN THE PET'S AREA AS OFTEN AS POSSIBLE. MAKE SURE JOHNNY ISN'T THERE WHEN YOU'RE CLEANING, BECAUSE IT'S NOT GOOD FOR HIM.



TRY TO GET RID OF TICKS WITHOUT USING CHEMICALS THAT ARE HARMFUL OR TOXIC TO YOUR FAMILY.



INSECTS AND MICE PRODUCE DROPPINGS THAT CAN TRIGGER RESPIRATORY PROBLEMS.



THESE ANIMALS LIKE WET AND SAFE PLACES WHERE THEY CAN FIND THINGS TO EAT. NOT BEING CAREFUL AND NOT CLEANING OFTEN GIVES THESE PESTS A HOME WHERE THEY CAN GROW AND MULTIPLY.



OH THOSE BUGS! I'M SO AFRAID OF THEM.



YOU DON'T HAVE TO PUT UP WITH THEM. FIRST OF ALL, SEAL YOUR HOUSE WELL SO THAT THERE ARE NO HOLES THEY CAN SNEAK IN THROUGH. CLEAN OFTEN, ESPECIALLY WHERE YOU KEEP LEFTOVER FOOD. WASH DISHES IMMEDIATELY AND COVER FOOD CONTAINERS. STARVE THEM TO DEATH!



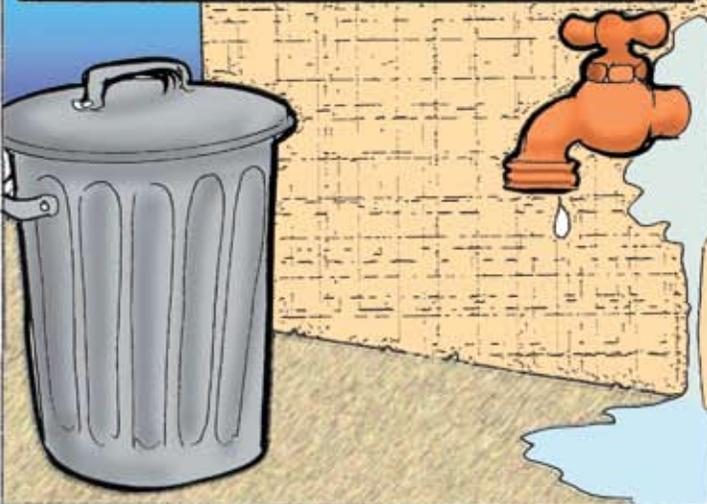
MOP THE HOUSE AT LEAST ONCE A WEEK. DON'T USE HARSH DANGEROUS PESTICIDES TO GET RID OF PESTS. USE SAFER CHEMICALS LIKE BORIC ACID OR TRAPS. THAT WAY, YOU WILL HAVE THE LEAST DANGEROUS CHEMICALS INSIDE YOUR HOUSE.

IF YOU MUST USE PESTICIDES, USE THE LEAST TOXIC YOU CAN FIND. ONLY USE THE AMOUNT NECESSARY. FOLLOW THE INSTRUCTIONS ON THE LABEL.



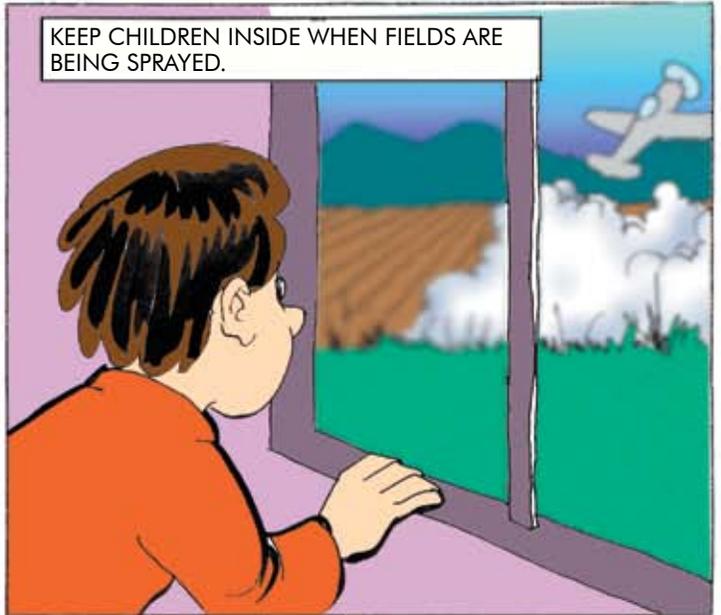
DRY UP WETNESS; TIGHTEN WATER FAUCETS. KEEP TRASH IN A CAN WITH A LID AND TAKE IT OUT DAILY. CLEAN TRASHCANS OFTEN.

PESTS TRANSMIT DISEASES. WHEN YOU THROW THEM IN THE TRASH, DON'T TOUCH THEM. ALSO BE CAREFUL WHEN YOU CLEAN THE PLACES THEY HAVE BEEN.

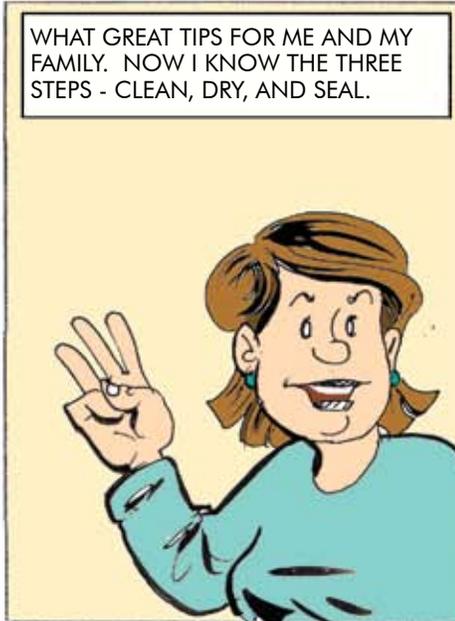




THROW AWAY ANY PAPERS AND CARDBOARD BOXES THAT YOU DON'T NEED. THAT WAY ROACHES AND MICE WON'T HAVE ANYWHERE TO HIDE.



KEEP CHILDREN INSIDE WHEN FIELDS ARE BEING SPRAYED.



WHAT GREAT TIPS FOR ME AND MY FAMILY. NOW I KNOW THE THREE STEPS - CLEAN, DRY, AND SEAL.



THERE IS SOMETHING THAT CAUSES RESPIRATORY PROBLEMS THAT THESE 3 STEPS DON'T HELP WITH.

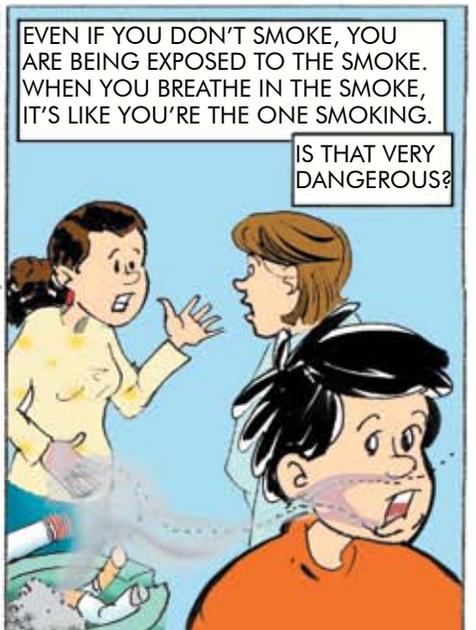


HOW'S THAT POSSIBLE? WE'VE ALREADY SEEN THAT CLEANING, DRYING AND SEALING WORK GREAT.



CIGARETTE SMOKE. . . I NOTICED THAT AUNT CARRIE SMOKES LIKE A CHIMNEY. . .

OH BUT THAT'S AUNT CARRIE. WE DON'T SMOKE.



EVEN IF YOU DON'T SMOKE, YOU ARE BEING EXPOSED TO THE SMOKE. WHEN YOU BREATHE IN THE SMOKE, IT'S LIKE YOU'RE THE ONE SMOKING.

IS THAT VERY DANGEROUS?

YES. IT CAUSES LOTS OF RESPIRATORY PROBLEMS AND YOU CAN GET CANCER.



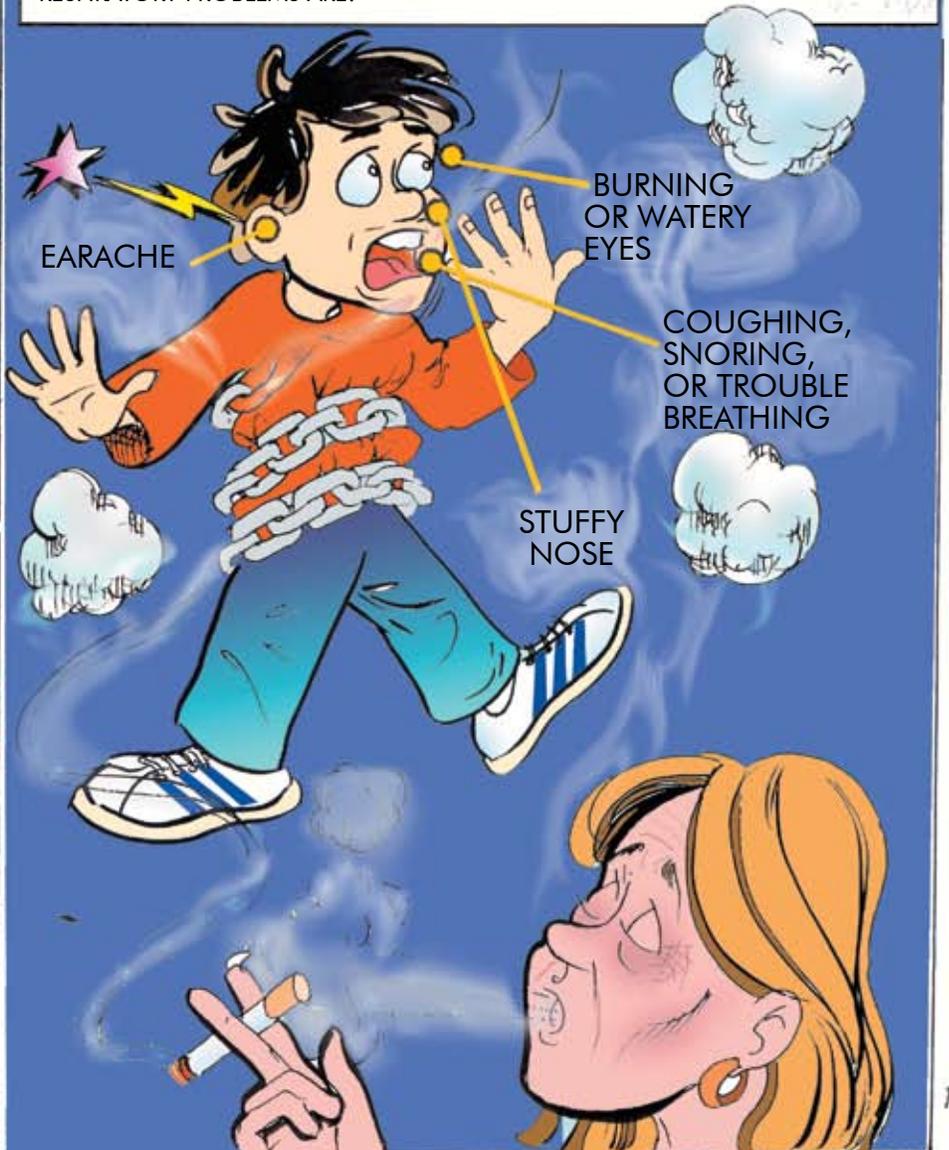
CIGARETTE SMOKE HAS DANGEROUS CHEMICALS AND LOTS OF IRRITANTS. THE SMOKE THAT JOHNNY IS BREATHING IN IS CALLED SECOND HAND SMOKE. IT CAN CAUSE CANCER AND MAKE RESPIRATORY PROBLEMS WORSE.



KIDS WHO HAVE ALLERGIES ARE VERY SENSITIVE TO CIGARETTE SMOKE.



KIDS WHO ARE EXPOSED TO SECOND HAND SMOKE ARE MORE LIKELY TO DEVELOP RESPIRATORY INFECTIONS. THE MOST COMMON SYMPTOMS OF RESPIRATORY PROBLEMS ARE:



PEOPLE WHO SMOKE SHOULD WASH THEIR HANDS AFTER SMOKING. THE SMELL OF SMOKE GETS INTO SKIN, HAIR, AND CLOTHES.



POOR JOHNNY! WE DIDN'T KNOW THAT. SO WHAT DO YOU SUGGEST?



STOP SMOKING! DO YOURSELF AND EVERYONE ELSE A FAVOR. LOOK FOR HELP. YOU CAN GET HELP THROUGH A SUPPORT GROUP.



ASK AUNT CARRIE TO SMOKE OUTSIDE. IT'S BETTER THAT SHE GOES OUTSIDE THAN TO MAKE THINGS WORSE FOR JOHNNY.



I'M REALLY SORRY AUNT CARRIE, BUT YOU'LL HAVE TO SMOKE OUTSIDE.



AWFUL CIGARETTE, SEE HOW YOU EMBARRASS ME.



HEY, SPEAKING OF SMOKE, IS SMOKE FROM THE CHIMNEY DANGEROUS?



IT'S NOT TOO DANGEROUS IF IT IS INSTALLED THE RIGHT WAY AND IF YOU CLEAN IT AND MAINTAIN IT.



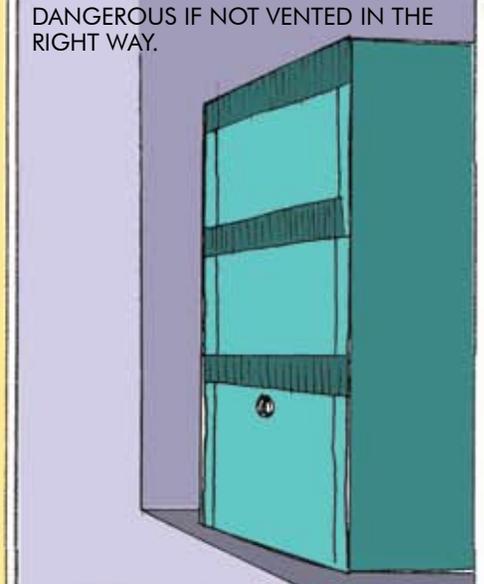
BUT WOOD BURNING



OIL



OR GAS HEATERS CAN ALSO BE DANGEROUS IF NOT VENTED IN THE RIGHT WAY.



CERTAIN APPLIANCES LIKE GAS OVENS AND HEATERS NEED TO HAVE VENTILATION. IN OTHER WORDS- THEY NEED LOTS OF AIR. THESE APPLIANCES PRODUCE DANGEROUS GASSES LIKE CARBON MONOXIDE. THIS CAN BUILD UP AND BECOME DANGEROUS IF THE APPLIANCES DO NOT WORK THE RIGHT WAY OR IF THEY DO NOT HAVE ENOUGH AIR.



SO THEN ITS BETTER NOT TO USE ANY OF THOSE?

THAT'S WHAT THEY WERE MADE FOR! WHAT WE SHOULD DO IS USE THEM THE RIGHT WAY AND THAT WAY THEY WILL BE SAFER TO USE.



WELL TELL ME HOW. ARE WE GOING TO HAVE TO SPEND A LOT OF MONEY?



BE SURE TO MAINTAIN ALL OF YOUR HEATING APPLIANCES.

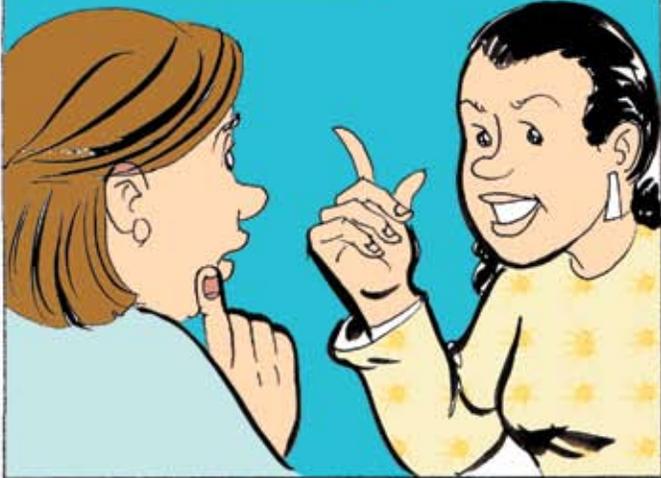
CHANGE THE FILTERS 2 OR 3 TIMES DURING THE WINTER. KEEP A RECORD. MARK ON THE CALENDAR WHAT DAYS YOU NEED TO CHANGE THE FILTERS. IF YOU DON'T CHANGE THE FILTERS, ALL THE DIRT, DUST AND OTHER CONTAMINANTS WILL JUST BE BLOWN OUT INTO THE HOUSE.

DO THE SAME THING WITH YOUR AIR CONDITIONER. CHANGE THE FILTERS OR PADS 2 TO 3 TIMES DURING THE HOT SEASON AND CLEAN THE WATER CONTAINER TO PREVENT MOLD OR BACTERIA FROM GROWING. DIRT, DUST, FUNGI, BACTERIA, AND OTHER CONTAMINANTS CAN BUILD UP IN THE FILTERS OR PADS AND BE SPREAD THROUGHOUT THE HOUSE.

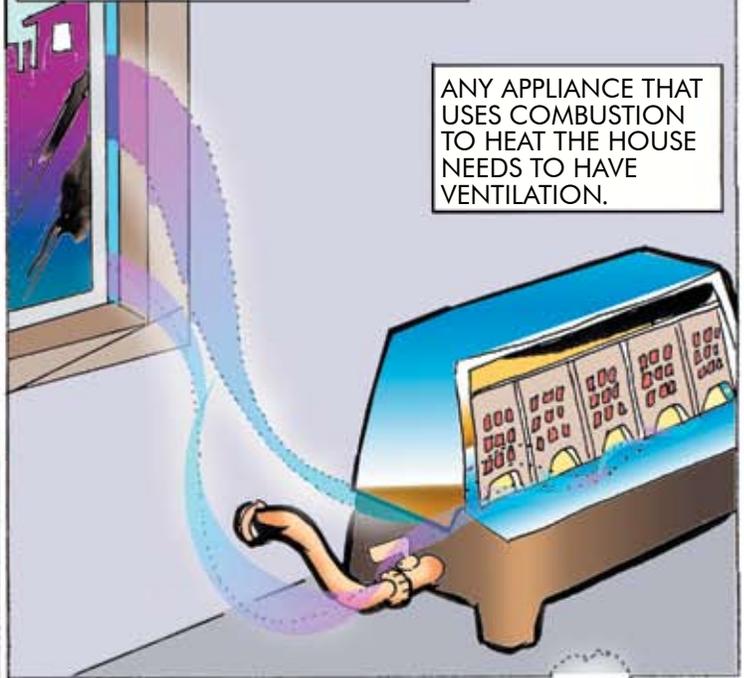


OH MARY, NOW YOU'VE REALLY SCARED ME. I CAN'T EVEN REMEMBER THE LAST TIME WE CHANGED THE FILTERS.

I'LL TELL YOU GRACIE! YOU'VE GOT A LOT TO DO HERE.



INCREASE VENTILATION WITH THE OUTSIDE AIR. FRESH AIR FROM OUTSIDE REMOVES THE ODORS AND OTHER CONTAMINANTS THAT BUILD UP INSIDE.



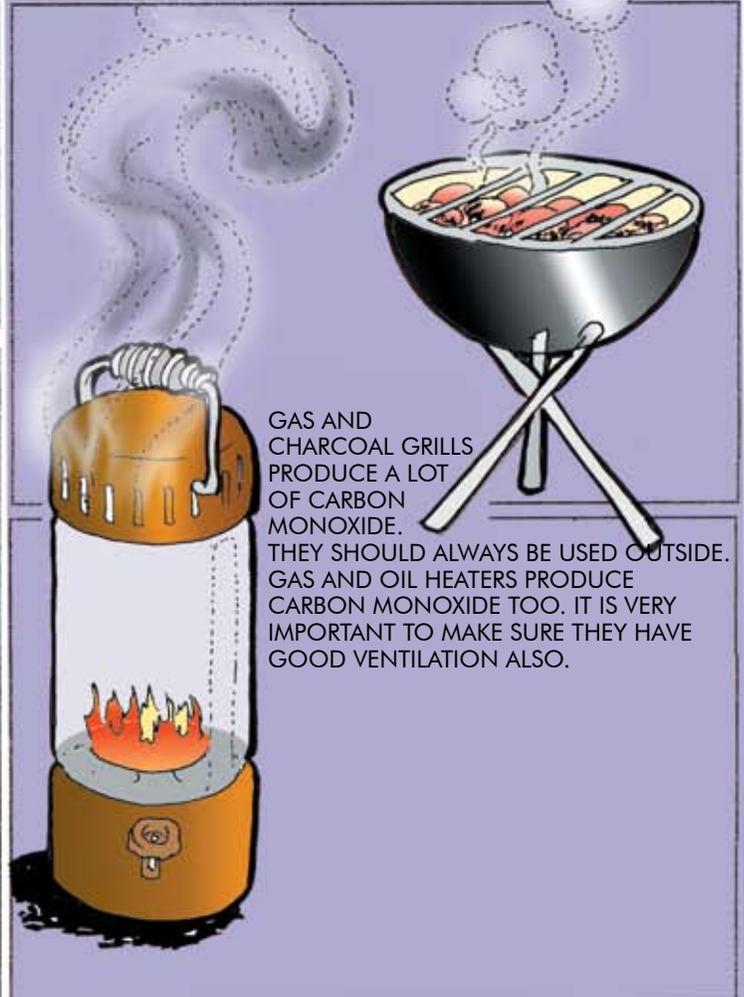
ANY APPLIANCE THAT USES COMBUSTION TO HEAT THE HOUSE NEEDS TO HAVE VENTILATION.

IT'S DANGEROUS TO USE THE STOVE AS A HEATER.



IT IS VERY DANGEROUS IF WOOD BURNING FIREPLACES AND STOVES DON'T HAVE GOOD VENTILATION.

GAS AND CHARCOAL GRILLS PRODUCE A LOT OF CARBON MONOXIDE. THEY SHOULD ALWAYS BE USED OUTSIDE. GAS AND OIL HEATERS PRODUCE CARBON MONOXIDE TOO. IT IS VERY IMPORTANT TO MAKE SURE THEY HAVE GOOD VENTILATION ALSO.



O.K. SO WHAT DO I DO IN DAMP PLACES THAT ARE ALREADY WET?

WE SHOULD USE SAFE CLEANING PRODUCTS, BECAUSE THE VAPORS FROM SOME CLEANING PRODUCTS CAN CAUSE RESPIRATORY PROBLEMS.

BUT WE DON'T HAVE ANY OF THOSE THINGS THAT YOU'RE TALKING ABOUT.



WELL DON'T YOU HAVE
- CLOROX -
- PEROXIDE - WHITE
- VINEGAR - LEMON
- BAKING SODA

WITH THAT?
GET REAL!

YES, EVERY HOUSEHOLD HAS THOSE PRODUCTS. ARE YOU TELLING ME THOSE ARE BETTER THAN "MASTER CLEAN" FOR CLEANING OR "KING PEST KILLER" FOR KILLING ROACHES, OR THE AIR FRESHENER "FIELD OF FLOWERS" TO MAKE THE HOUSE SMELL PRETTY?



NOT ONLY IS IT CHEAPER, BUT IT'S BETTER BECAUSE THERE'S NO RISK OF THE VAPORS HARMING JOHNNY.

MY POOR SON! ONE TIME, I MIXED TWO CLEANING PRODUCTS AND HE SPENT THE WHOLE DAY CRYING.

BE CAREFUL WITH THOSE MIXES BECAUSE THEY CAN CAUSE PROBLEMS AND THEN LATER THE CURE IS WORSE THAN THE ILLNESS.



ONE EASY RECIPE TO REMOVE MOLD IS 1 PART CLOROX TO 3 PARTS WATER. PUT IT IN A SPRAY BOTTLE AND SAY GOODBYE TO MOLD.



BEGIN WITH THESE THREE BASIC STEPS: CLEAN, DRY, SEAL.



DRY

YOU NEED TO DRY VERY WELL. ESPECIALLY IN HUMID PLACES THAT DON'T GET ANY SUNLIGHT. DAMP AREAS HELP BAD ODORS, MOLD AND FUNGUS GROW.



CLEAN

IF YOU CLEAN THOROUGHLY AND OFTEN THERE WON'T BE ANY DUST, DUST MITES, OR BITS OF FOOD FOR PESTS.



SEAL

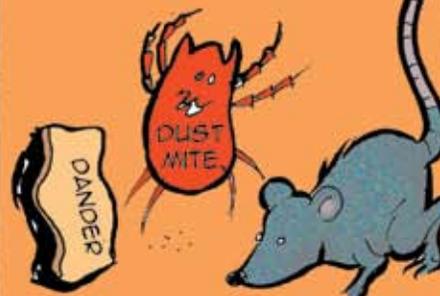
DUST, INSECTS, AND CONTAMINANTS WILL STAY OUTSIDE.



DRY AND GET RID OF ALL OF THESE:



CLEAN AND GET RID OF THESE:



SEAL CRACKS AND HOLES AND GET RID OF:



KNOWING ABOUT THE THINGS THAT CAUSE RESPIRATORY PROBLEMS AND TRYING TO GET RID OF THEM WILL HELP MAKE OUR FAMILY'S LIFE BETTER.



FRIENDS, CONTAMINANTS THAT HARM OUR BREATHING ARE A PROBLEM. BUT IGNORANCE IS MORE DANGEROUS. GET INFORMED. TAKE CONTROL OVER YOUR HOME ENVIRONMENT AND MAKE IT A SAFE AND EASY PLACE TO BREATHE.

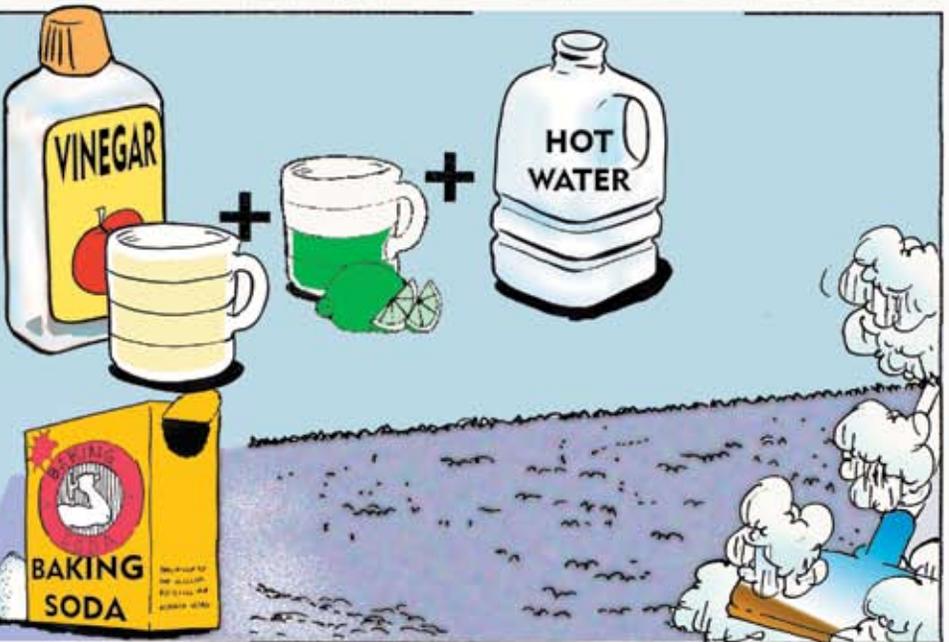


DISINFECTANTS- MIX 1 QUARTER CUP CLOROX IN ONE GALLON OF WATER OR 1 TABLESPOON OF CLOROX IN 1 LITER OF COLD WATER FOR BATHROOMS, DIAPER CHANGING AREAS, AND KITCHEN COUNTERTOPS.

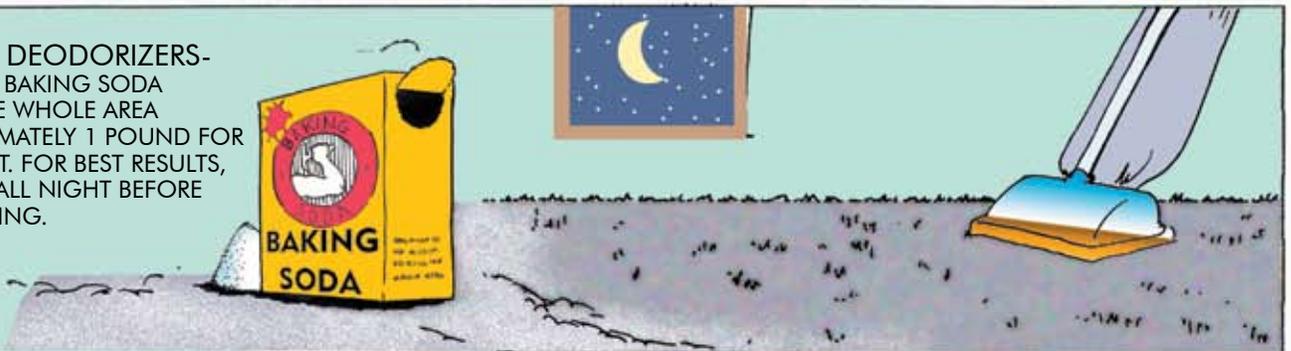


1 TABLESPOON OF BLEACH AND 1 GALLON OF COLD WATER TO CLEAN TOYS, EATING UTENSILS, FLOORS, AND WALLS.

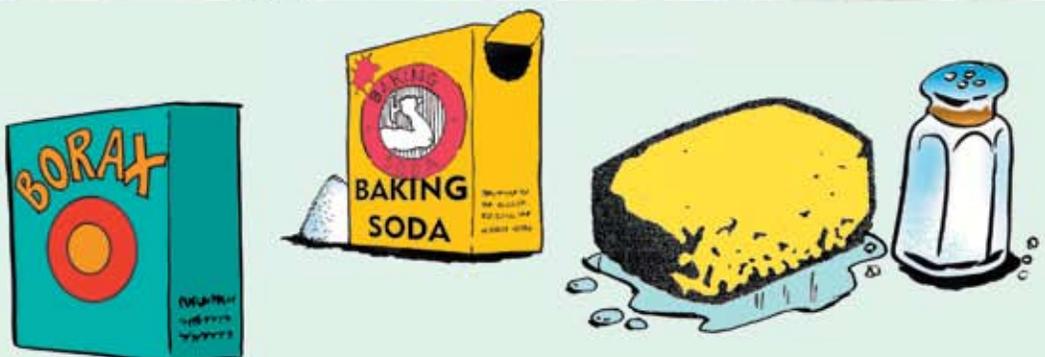
RUG AND CARPET CLEANER- STEAM CLEAN YOUR CARPETS USING A MIX OF 1 CUP OF WHITE VINEGAR AND ½ CUP OF LEMON JUICE FOR EVERY GALLON OF HOT WATER. SPRINKLE BAKING SODA ON STAINS BEFORE YOU START. IF YOU NEED TO USE A STRONG CHEMICAL STAIN REMOVER, APPLY THE VINEGAR/LEMON SOLUTION BEFOREHAND TO REMOVE CLEANING CHEMICALS FROM THE CARPET. IF YOU USE A CONVENTIONAL CARPET SHAMPOO, APPLY IT FIRST AND THEN APPLY THE VINEGAR/LEMON SOLUTION TO REMOVE SOAP AND CHEMICAL RESIDUES. SOAP RESIDUES ATTRACT FILTH AND CHEMICALS IN THE SHAMPOO CONTAIN ALLERGENS.



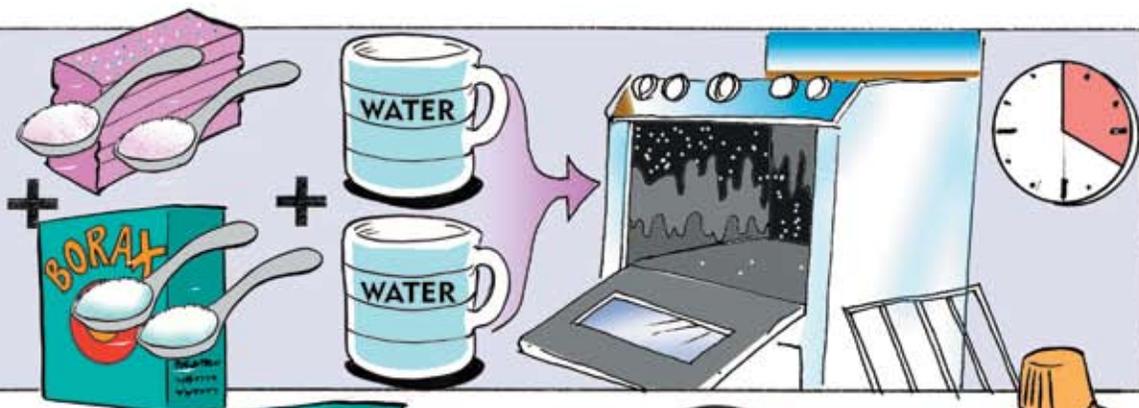
CARPET DEODORIZERS- SPRINKLE BAKING SODA OVER THE WHOLE AREA (APPROXIMATELY 1 POUND FOR FIFTY FEET. FOR BEST RESULTS, LEAVE IT ALL NIGHT BEFORE VACUUMING.



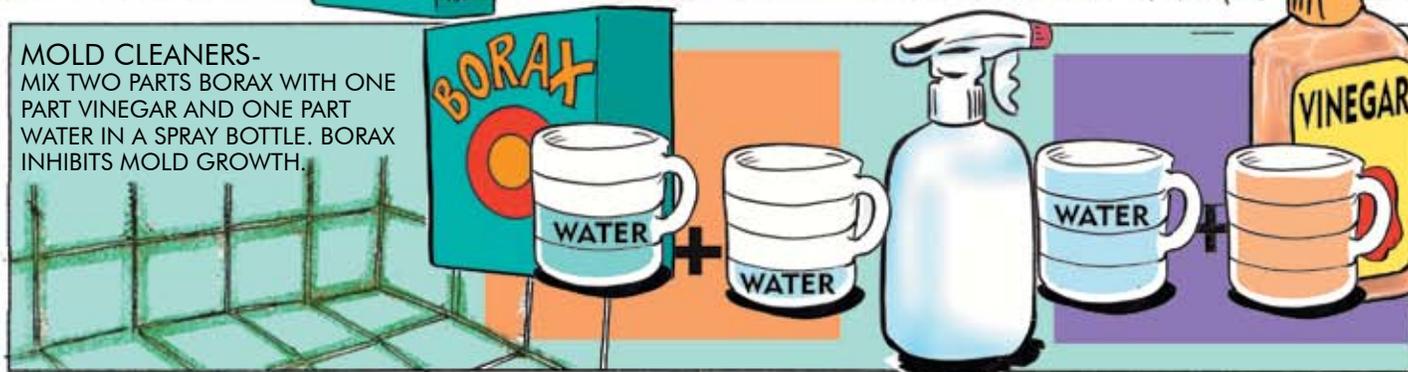
CLEANING SCRUBBING POWDERS – THERE ARE A VARIETY OF NON-TOXIC SCRUBBING POWDERS, YOU CAN ALSO USE BAKING SODA, BORAX, OR TABLE SALT WITH A DAMP SPONGE.



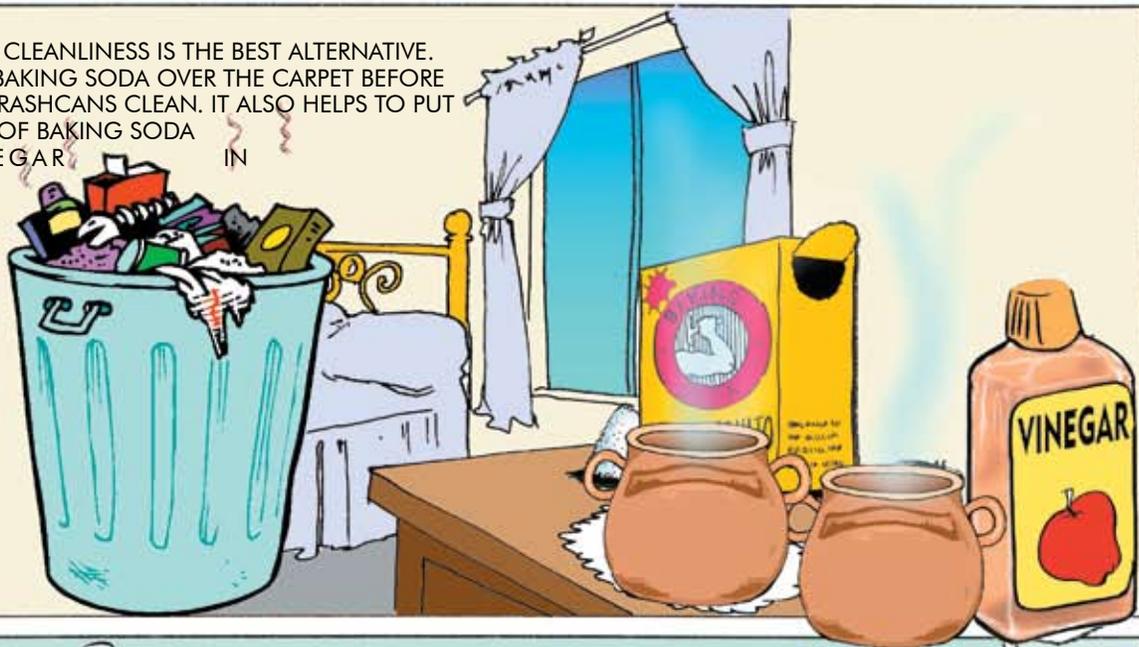
OVEN CLEANERS-
MIX TWO TABLESPOONS OF SOAP, 2 SPOONS OF BORAX, AND 2 CUPS OF WATER. SPREAD IT OVER THE OVEN SURFACE AND LEAVE IT ON FOR 20 MINUTES.



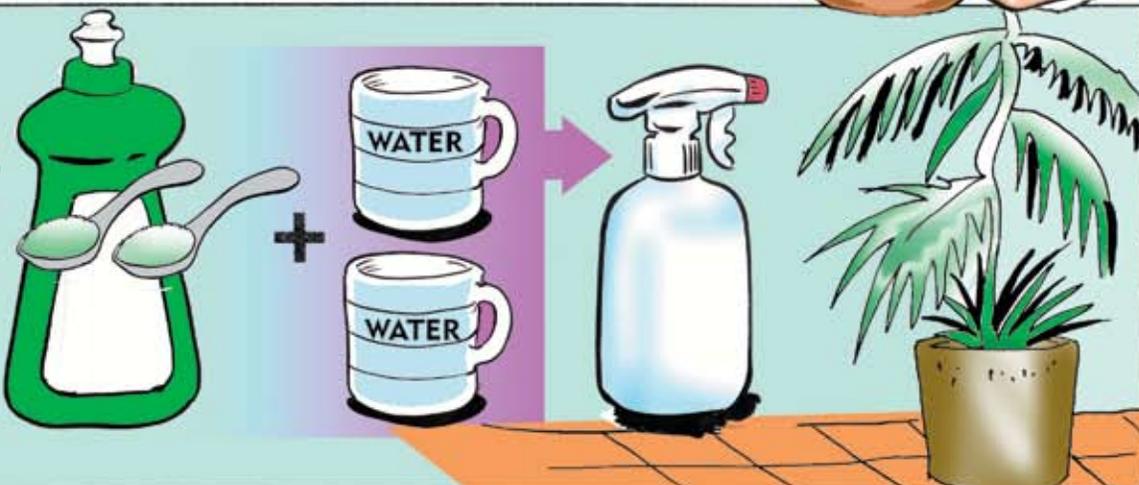
MOLD CLEANERS-
MIX TWO PARTS BORAX WITH ONE PART VINEGAR AND ONE PART WATER IN A SPRAY BOTTLE. BORAX INHIBITS MOLD GROWTH.



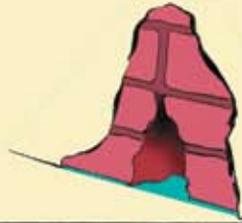
AIR FRESHENERS- CLEANLINESS IS THE BEST ALTERNATIVE. YOU CAN SPRINKLE BAKING SODA OVER THE CARPET BEFORE VACUUMING. KEEP TRASHCANS CLEAN. IT ALSO HELPS TO PUT SMALL CONTAINERS OF BAKING SODA OR WHITE VINEGAR IN ROOMS. DO NOT ALLOW SMOKING INSIDE. IF THE ODOR PERSISTS, THERE MIGHT BE MOLD ON OR IN THE WALLS, CEILING, OR CARPET. YOU MAY NEED THE HELP OF AN ENVIRONMENTAL SPECIALIST TO FIND OUT WHY THERE IS STILL A SMELL.



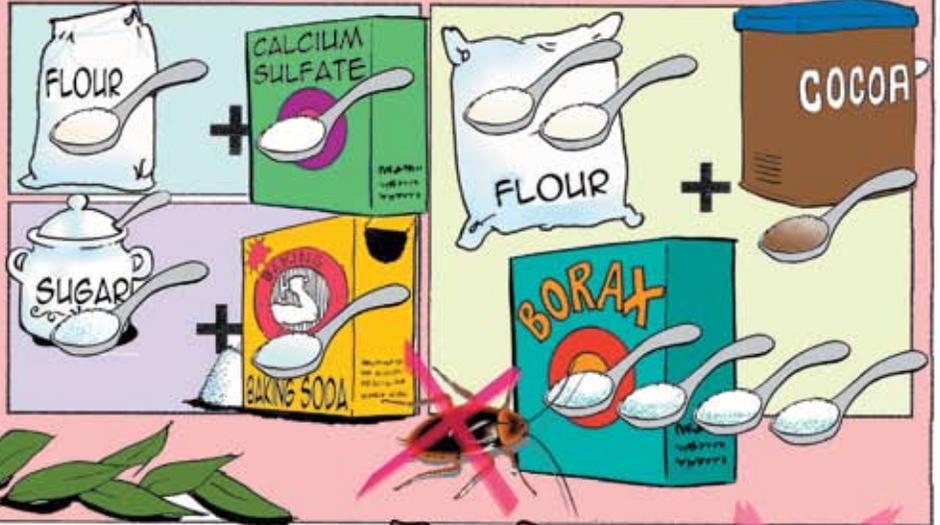
HOUSEPLANT INSECTICIDE-
MIX 2 TABLESPOONS OF DISH LIQUID SOAP WITH TWO CUPS OF WATER AND SPRAY THE MIXTURE ON THE LEAVES.



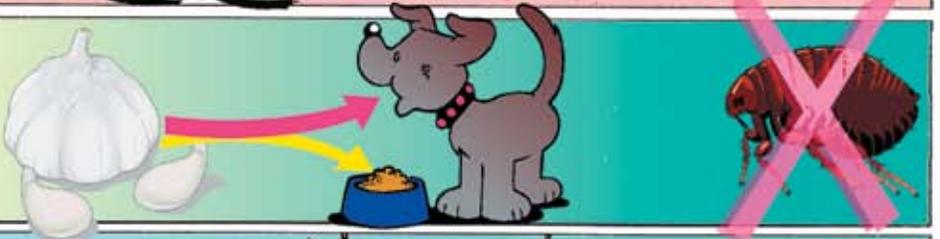
ANTS AND OTHER INSECTS-
SEAL CRACKS, PUT AWAY TRASH,
DIRTY PLATES, CRUMBS, AND
VACUUM IF NECESSARY.



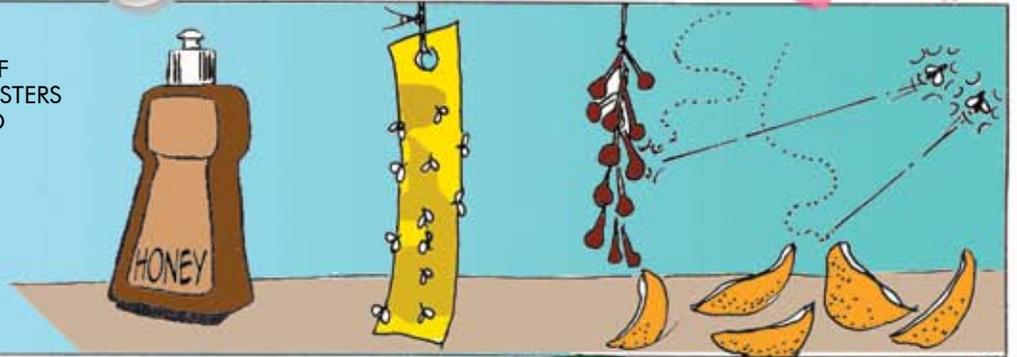
ROACHES AND SILVERFISH-
TO KILL INSECTS USE ANY OF THE
FOLLOWING MIXTURES IN THE
INFESTED AREA: MIX EQUAL PARTS
OATMEAL POWDER OR FLOUR WITH
CALCIUM SULFATE, OR EQUAL PARTS
OF SUGAR AND BAKING SODA, OR
TWO TABLESPOONS OF FLOUR, ONE
TABLESPOON OF COCOA POWDER,
AND FOUR TABLESPOONS OF BORAX
AND SPRINKLE IT IN INFESTED AREAS. TO
KEEP THEM AWAY, USE CUCUMBER PEELS
OR BAY LEAF IN INFESTED AREAS.



TICKS- FEED YOUR DOG ONE GARLIC
CLOVE EVERY DAY EITHER DIRECTLY OR
IN THEIR FOOD. BATHE AND CUT YOUR
PET'S FUR OFTEN AND KEEP YOUR YARD
CLEAN. KEEP THEM AWAY FROM OTHER
ANIMALS.



FLIES- MAKE FLY TRAP PAPER BY
SPREADING HONEY ON A STRIP OF
YELLOW PAPER. HANG CLOVE CLUSTERS
AND/OR SPREAD ORANGE PEEL TO
REPEL THEM.



RATS AND MICE- SEAL CRACKS,
THROW AWAY TRASH, PUT AWAY DIRTY
PLATES, CRUMBS OR LEFTOVERS, AND
USE TRAPS. MIX CALCIUM SULFATE,
ONE PART FOUR, AND A LITTLE BIT OF
COCOA POWDER OR SUGAR
AND PUT IT WHERE
THE RODENTS
CAN FIND IT.

