



## How to Fight the Bite in your Back Yard

**T**emperatures are not the only thing on the rise this summer. Mosquitoes thrive in the warmer and wetter summertime conditions, so populations can be expected to increase this time of year. Nearly all female mosquitoes feed on blood in order to produce eggs, and they are willing to risk your swats in order to get it! With more hungry mosquitoes flying around, it is important to protect yourself and your family from these biting pests. Here are some tips:

- Cover all exposed skin with long sleeves and pants when you plan on spending time outdoors where mosquitoes may be present.
- Apply mosquito repellents that contain the active ingredients DEET, picardin, oil of lemon eucalyptus (OLE), or IR3535.

- Eliminate mosquito breeding sites from around your home. Mosquitoes require standing water to breed because their larvae are aquatic. If water is present for more than five days in a row, it has the potential to breed mosquitoes. Tip over any water-containing items regularly. Empty water from bird-baths, pots, bottles, barrels and clogged gutters. Even low areas in your yard can turn into breeding sites.

While you can deter mosquitoes from breeding on your property, you can't control all of the conditions in your neighborhood. Adult mosquitoes can travel significant distances to find a meal. If you have a mosquito problem in your yard, we can help protect your family by treating the areas around your home where adult mosquitoes commonly rest.

## Cockroaches and Disease

**C**ockroaches in your home are not only unsightly but they also can be a serious health issue, especially if left untreated, allowing the population to grow and thrive. According to the Asthma and Allergy Foundation of America, 78 to 98 percent of homes in urban areas have cockroaches. In cities and large urbanized areas, many children suffer from allergies caused from the presence of cockroaches in homes. The effects of cockroach allergens can cause children to miss school, lose sleep, and can increase the risk of asthma. Not only are cockroaches an allergen concern, but they also are known to carry several disease-causing agents on the outside of their bodies that can be spread to humans.

Cockroaches have been implicated in carrying numerous bacterial and disease-causing organisms on their bodies, including E. coli, staphylococcus, and salmonella. Some cockroach species will frequent extremely filthy places — even sewage systems. Although cockroaches carry many disease organisms on their body, the good news is that they haven't been linked to any disease outbreaks to date. However, the ability for cockroaches to potentially spread disease and cause allergy problems are important reasons to keep your home cockroach free. If you find cockroaches and need help with controlling them in your home, give us a call for a detailed analysis on how to keep your home pest free and healthy. ■



# How to Keep Bed Bugs From **CRASHING** Your Summer Vacation



Bed bugs tend to hide near the head of the bed, next to the wall, so pay careful attention to this area and any folds or tufts of the mattress.

**N**othing can ruin a summer vacation or a great trip to visit family and friends like bringing bed bugs home. Unfortunately, bed bugs are small, stealthy creatures and are excellent hitch-hikers. They will catch a ride with people in luggage, clothing, purses, bookbags, among other items that provide dark spaces to hide. Remaining diligent and thoroughly inspecting your room and luggage before and after your trip will help you avoid bringing these pesky blood suckers home.

When you arrive into the room where you are staying overnight, place your luggage on the luggage rack instead of the floor or on the bed. Inspect the luggage rack for any signs of bed bugs – live bugs, fecal spots which appear like black ink spots, as well as the shed skins of bed bugs that have molted. While you are conducting your room inspection, you can place your luggage in the tub because it is highly unlikely that bed bugs have infested the shower or tub.

Once you've taken care of your luggage, it's important to thoroughly inspect the place that you will be sleeping. Pull any bedding material off of the bed, including sheets, so that you can carefully inspect the mattress. Bed bugs tend to hide near the head of the bed, next to the wall, so pay careful attention to this area and any folds or tufts of the mattress. Bed bugs also like to hide in mattress tags, so check these areas thoroughly as well. If there is a headboard, inspect it as well and other parts of the frame and box springs. Other areas of the room could be infested as well, so a quick inspection with a bright LED flashlight of furniture, especially night stands, would help ensure that you are limiting yourself from bed bug exposure. If you do come across a bed bug, either take a picture, or if you are brave, seal it in a bag and then take it to management. They should be able to move you into a new room if you are staying in a hotel. If you believe you have brought bed bugs into your home, contact us so that we can do a thorough inspection of your luggage and home for your peace of mind. ■

# SPRAY FOAM INSULATION AND TERMITES

## What You Need to Know



*soldier termite*



*termite swarmer*



*worker termite*



*termite damage*

Termites cause over five billion dollars in damage to homes and structures each year and are an extremely difficult pest to prevent and control. Considering your home is one of the largest investments you will make in your lifetime, it's important that you take the necessary precautions to protect your home from termite destruction. While some improvements to your home can be beneficial, it's important to consider how home improvements and alterations to the structure of a house can impact termite inspections and control.

Termites are incredibly secretive insects that can do significant damage to a home if left unchecked. Signs of termite damage include swarmers (flying reproductive termites), damaged wood, and mud tubes. Pest professionals are trained to know and identify the signs of a termite infestation and will check for any termite evidence during a detailed inspection.

The process of a detailed home inspection for a pest professional requires that they be able to access areas of the home that have not been completely

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covered by walls, floor, and ceilings. Oftentimes, unfinished areas like crawlspaces, attics, and basements are the last few remaining spaces that allow access to structural timbers that will show signs of termite damage.

Spray foam insulation can increase the energy efficiency of a home; however, it can cover structural timbers and cover areas that are needed for an efficient termite inspection and treatment. Furthermore, termites can also tunnel through insulation and easily gain access to other structural wood of the home. If you are considering making alterations to your home or having spray foam insulation installed, be sure to call us so we can help guide you in your decisions to increase the protection of your home from termites. ■



## Beneficial Native Pollinators: Most bees aren't bad!

**A** pollinator is any organism that moves pollen from the male portion of a flower, called the anther, to the female portion, called the stigma. This action by a pollinator fertilizes the flower so that it will produce a seed that will turn into the next generation of plants. This process is important for the plant to survive but the animal that is pollinating the plant often benefits from this process by collecting nectar and pollen for food and other necessary nutrients.

There are some bee and wasp species that can be harmful to humans, but they typically will not bother you unless you disturb their nest. There are approximately 4,000 species of native bees in the United States and most are considered harmless to humans. Many native bees are solitary bees. Unlike

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honey bees that live in a colony, solitary bees build their individual nests under the ground to lay their eggs. Native pollinator species are extremely important for the pollination of our crops for food. Unfortunately, many native pollinator species have declined recently so it's important to try to pick flowers and plants for your garden that are native to your area that are also bee and butterfly friendly. If you do come across some of the bees and wasps that can be dangerous, call us so that we can manage nests surrounding your home. ■