Integrated Pest Management in Child Care Centers: Protecting our Children from Pests and Pesticides



Integrated Pest Management in Child Care Centers: Part 1 - IPM: Protecting our Children



What are Pesticides



- Pesticides are substances designed to kill, control or repel pests.
- If used irresponsibly they may result in serious injury or even death.

Pesticides and Children



- Keeping child care centers free of pests.
- Most child care facilities hire pest control operators to routinely use only pesticides for controlling pests, regardless of the actual need.
- Concerns about:
 - the frequency of application,
 - what is being applied, and
 - possible effects on children.

Exposure in Centers



Children and child care providers may be exposed to pesticides, especially those applied by spraying.

 Sprayed chemicals may become airborne and settle on all surfaces.

Children may touch these surfaces and unknowingly expose themselves to pesticide residues.

Exposure



- Infants and small children are among the most likely groups to suffer long-term health harm from exposure to chemical pesticides. There are two main reasons for this:
 - higher exposure risk and
 - greater vulnerability.

Why Are Young Children Especially Vulnerable?

- Exposure Routes:
- Dermal, Inhalation, Ingestion
 - Children crawl on the floor.
 - They pick up toys and other objects off of the floor.
 - They put objects and fingers into their mouths.
 - They often squeeze into small places.
 - They examine and touch all cracks, crevices and holes.

Life and Exposure are Different on the Floor



- Infants and young children live closer to the floor, where pesticide residues may tend to concentrate and linger.
- Concentrations of some toxic substances, are four to six times higher and near the floor.

Early Exposure to Pesticides



Early exposure to pesticides can disrupt and permanently change the structure and function of organs and body systems.

How much exposure is too much for children?

Pesticides and Asthma



According to the US EPA Office of Research and Development's Asthma Research Strategy, "pesticides are listed as one of four environmental pollutants that may influence the induction and exacerbation of asthma."

Pesticides and Health Concerns



- If applied irresponsibility, some pesticides have been linked to long term health problems, including:
 - Cancer,
 - Leukemia,
 - Birth defects,
 - Endocrine disruption,
 - Asthma,
 - Neurological disorders,
 - Immune system deficiencies.



Precautionary Principle

- Take precautions to prevent the possible harmful effects of exposure to children.
- The EPA recommends that child care centers use integrated pest management (IPM) to reduce pesticide risk and exposure to children.
- IPM is a safer, and usually less costly option for effective pest management in a child care community.

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What is IPM? Integrated Pest Management



All creatures require food, water and shelter to survive.

Pests find buildings where these needs are met and take up residence. Block pests out and remove their sources of food, water and shelter and you will need fewer pesticides to control pests.

What is Integrated Pest Management (IPM)?

EPA Definition:

- Integrated Pest Management (IPM) is an effective and environmentally sensitive approach to pest management that relies on a combination of common-sense practices, with pesticide application as a last resort pest control method.
- IPM programs use current, comprehensive information on the life cycles of pests and their interaction with the environment.
- This information, in combination with available pest control methods, is used to manage pest damage by the most economical means, and with the least possible hazard to people, property, and the environment. 14

The Steps to Follow in IPM

Develop and implement a Pest Management Plan,

- 1) Conduct an inspection to identify pest issues,
- 2) Monitor for signs of pest activity,
- Use non-chemical approaches like sanitation and maintenance to:
 - A.) keep pests out,
 - B.) remove food and water sources,
 - C.) take away their homes/ harborages.
- 4) Apply low-toxicity pesticides such as baits, traps or gels.

Keep a log book of sightings and activities.



IPM in Child Care Centers

- Integrated pest management provides an opportunity to create a safer learning environment - - to reduce children's exposure to pesticides as well as eliminate pests.
- EPA encourages child care administrators to adopt IPM practices to reduce children's exposure to pesticides.



Benefits of Child Care Center IPM

- More effective: Address the root cause of pest problems by removing what attracts pests and deny access.
- Healthier learning environment for our children.
- Better long-term control of pests.
- Reduced liability of facility.
- Lower cost to facility administrator / lowers the budget.
- Promotes cooperation between staff.

IPM Programs

- Not all insects, weeds, and other living organisms require control.
- Many organisms are innocuous, and some are even beneficial.

- The Goals of IPM:
- Identify the pest accurately, monitor pest populations, and establish action thresholds to make appropriate control decisions.

Why Use IPM?



- Save money: IPM may cost more up front but over time, you will need less pesticide and maybe fewer visits from your pest control company.
- More effective: Address the root cause of pest problems. By removing what attracts pests and deny access.
- Safer: IPM protects you, your staff and the children from unnecessary pesticide exposure.
- It is easy: Just change a few habits.

Integrated Pest Management in Child Care Centers: Part 2 – Actions to Eliminate Pests





Think like a Pest

- Pests "Occasional Invaders".
 - The more you know, the easier it will be to exclude them.
- The life cycles of pests:
 - Does a female lay eggs just once or numerous times?
- How do pests interact with the environment?
 - What foods do they eat?
 - Where do they like to hide?
 - Where are their water sources?
- How pests find their way into child care centers?
 - Do they burrow or travel through cracks and holes?

Do we have a pest problem?

Many facilities do not have a pest problem, only occasional invaders.

Evaluate. What pests have you seen in the past year

in your facility?

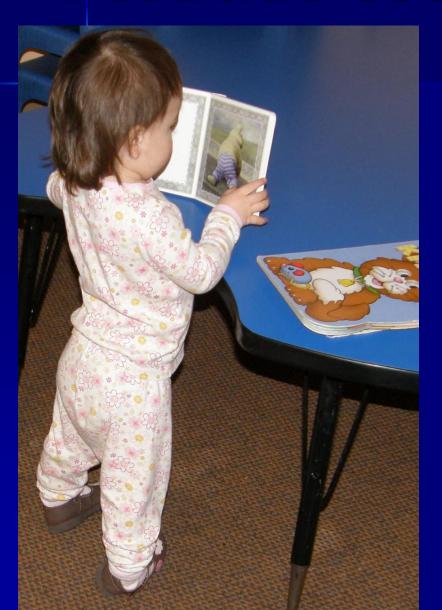
Where?

How many?





Pesticide Use in Child Cares



- Many child care administrators and staff have turned to pesticides first.
- Not all pesticides are created equal.
- Some pesticides are much less-toxic than others.
- Pesticides should never be applied as routine or "preventive treatments" in or around child care facilities.



Pests that commonly sneak into child care:



- Cockroaches
- Ants
- Rats and Mice
- Head lice
- Bed bugs
- Termites
- Spiders
- Mold
- Flies and Bees
- Fleas





To determine the extent of a pest problem: Monitor





- Observe trends and changes in pest activity.
- Monitors and Traps: Assessment tools to determine the degree of infestation.

Integrated Pest Management





(IPM)

IPM is an effective way to reduce potential children's exposure to both chemical pesticides and allergen triggers.

IPM includes less-toxic steps to control pests such as:

- sticky traps to monitor pests
- glue boards
- baits in child resistant bait station.





Traps & Baits

- Key ant, roach, and rodent management tool.
- Baits contain slow acting poisons mixed with a substance that attracts pests looking for food.
- Pests often carry the bait back to the nest.
- Use baits in bait stations.
- Place only where children do not have access to them.

Inspect for Evidence



Examples:

- Droppings
- Urine
- Chewed boxes
- Chewed wires
- Chewed wood







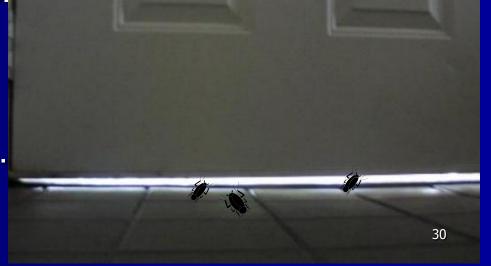


A. Keep Pests Out

If pests can't get inside, then they won't be a problem.



- Avoid propping doors open.
- Ensure that weather stripping and door sweeps are present and in good condition on exterior doors.
- Check all door moldings.









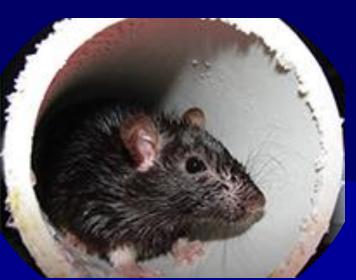
Windows, screens and vents should be maintained in good condition.

- Building eaves, walls, gutters and roofs are sound.
- No evidence of water leaks or holes.
- If pests cannot get into the facility than you won't need to use pesticides to kill them. ³¹



Keep Pests Out







- Mice can fit through a hole smaller than a dime.
- Prevent pests from getting into buildings by properly blocking the entry points.

Be they large or small, pests can crawl through any hole.





Pipe holes properly sealed





How to Keep Ants Out



- Follow the ant trail
- Caulk cracks around foundations including wires and pipe entrances
- Keep plants and mulch away from foundations
- Remove garbage from buildings each day
- Change trash can liners when dirty

Eliminate entry and harborage





- Adult cockroaches can fit into cracks only 1.6 mm wide (about 1/16 of an inch).
- Any small gap or hole that leads to a void is a prime cockroach living area.
- Replace any cracked floor, wall tile or moldings.
- Cracks and crevices should be sealed with caulk.

Pest Prevention: Exclusion





- Inspect deliveries (pests hitch-hike).
- Unpack delivered items from cardboard boxes
- Remove cardboard as soon as possible.
- Scan all grocery items for cockroach and other pest evidence before putting them away.

B. Starve them out: Remove pests' food and water







- Good sanitation is good pest management!
- Clean thoroughly and regularly.
- All foods products should be stored in plastic snaplid containers or kept in the refrigerator after opening.

Eliminate Water Sources





- Tighten loose pipes, patch plumbing leaks and replace used washers around water pipes.
- Periodically clean evaporation trays under refrigerators to eliminate water sources for uninvited guests.
- Dry sink at the end of the day.
- Cover or close drain.
- Insulate pipes to avoid condensation.

Pest Prevention: Sanitation



- Empty sink strainer frequently.
- Wash dishes immediately after use.
- Do not leave dirty dishes overnight.









Remove Pest Food: Waste Management

Employ good trash management practices:

- Indoor trash containers should be emptied frequently.
- All trash cans should have lids.
- Do not leave trash cans full overnight.
- Keep trash cans clean both inside and out.
- Tie Plastic bags linings tightly.





C. Take away their homes: Harborage/Shelter



- Caulk or seal cracks or holes in:
- interior walls,
- around pipes;
- behind sinks and
- along baseboards.





Take away their homes



- Clutter hides evidence of pest infestation.
 Removing clutter eliminates pest harborage and breeding areas.
- Organize storage rooms and clean periodically.
- Clutter, cardboard and holes in walls provide places for pests to hide, sleep and reproduce.





Take away their homes

- Recycle corrugated cardboard.
- Avoid using cardboard for storage.
- It is a favorite living-space for cockroaches.







In CCCs, pest vulnerable areas include:

- Kitchen / food prep areas
- Eating areas
- Janitor Closets
- Nap time areas
- Blanket / matt storage areas
- Nursery / crib areas
- Closet/storage areas
- Classrooms / Play areas
- Coat / hat storage areas
- Bathrooms

Kitchen / Food Prep Areas







- Ensure all cracks, leaks and moldings are sealed or caulked.
- All surfaces in food preparation and serving areas should be cleaned regularly and thoroughly.

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Kitchens and Food Prep Areas

- Clean hard-to-reach areas.
- Clean floor drains and ventilation screens.
- Seal gaps around pipes and fixtures.









Remove pest food





Kitchen appliances should be kept clean and free of food particles and grease.

Kitchen Storage Areas







- Eliminate access to food or water by keeping food and beverages in designated areas, and in tightly sealed containers.
- Bulk stored products should not be allowed direct contact with walls or floors, allowing access for inspection and reducing pest harborages. 50
- Store paper goods separately and away from food.



Kitchen Storeroom



- Use wire shelves
- Shelves should be 6-12" above the floor
- Avoid shelving with "kickplates"
- Avoid shelving with hollow spaces
- Eliminate most cardboard
- Never place cardboard boxes on bottom shelves or floor.
- Discard damaged goods.



Eating Areas





Starve pests:

- Keep all eating confined to designated areas.
- Food serving tables and floor must be thoroughly cleaned after each use.
- Pest monitors should be installed in any classrooms where food is served on a regular basis.

Food in Classrooms





- Food in classrooms must be carefully stored in pest-proof plastic containers or sealable plastic storage bags.
- Don't overlook food manipulatives such as beans or pasta.
- Store food manipulatives in pest-proof containers.

Classroom sinks









- Keep sink areas clean and dry.
- Wall pipes should be tightly sealed with escutheon plates ("pipe collars") and leak free.
- Cabinets under classroom sinks should be clutter free.





Classroom Areas

Sort paper and classroom materials in plastic see-through boxes, and store at least eight inches off of the floor to allow proper access for cleaning.



Clutter and pests



- Clutter control is essential in classrooms to reduce potential habitats for pests.
- Clutter enables pests to hide and reproduce undisturbed.
- Store materials in plastic storage boxes with lids.
- Store items several inches away from walls to enable easy inspected for pests,

Eliminate Clutter / Harborage

- The pest's ability to hide is one of the main reasons why they are a formidable opponent.
- Clutter removal is an essential part of pest elimination.









- Keep all pet food stored in plastic containers with tight-sealing lids.
- Clean up any spilled foods promptly.
- Pet cages and aquariums must be kept clean.
- Check aquariums for water leaks.







Nursery & Crib Areas

Clean all surfaces

Empty trash

Vacuum daily

Confine eating



Nap Time Areas



- Vacuum floors daily.
- Mattresses / cots should be cleaned weekly.
- Personal items sent home or laundered in-house regularly (weekly).



Bed Bugs in Child Care Centers?

- Bed Bugs can hide in tiny cracks or crevices, or they may hitch a ride on backpacks, coats, shoes, clothing, or other objects in the backpack.
- Following a regular stringent cleaning and monitoring regiment, will keep bed bugs from becoming established in your facility.

Nap Blanket / Cot Storage Areas



- Walls and storage bins cleaned and inspected weekly.
- Safely store all blankets, bedding, clothing and stuffed toys in individual plastic boxes with lids.



Coat / Hat Storage Areas

- Cubbies and child storage emptied and cleaned at least once per season.
- Sufficient space between coat hooks provided so that each child's hat and coat do not touch those of another child to prevent spreading of head lice or bed bugs.
- No food should be stored in cubbies.





Restrooms

- Clean rooms daily
- Removed trash daily
- Keep plumbing in good repair
- Keep sink areas clean and dry
- Fill all holes around pipes







Custodial Mop Room



To reduce pest harborage in custodial closets:

- Keep mop sinks and buckets empty and dry when not in use.
- Hang all mops, allow to dry.
- Repair plumbing leaks.
- Keep floor drains clean.
- Seal gaps around pipes.

Custodian's Closets and Storage





- Utilize appropriate shelving and storage practices
- Keep clean and clutter-free
- Remove all cardboard
- Do not store boxes or cardboard on the floor

Integrated Pest Management

- Manage waste areas, playgrounds, lawns and other areas to prevent pests from becoming a threat.
- These control methods can be very effective and costefficient and present little or no risk to people or the environment.



Outdoors

Use sanitation, maintenance, traps, and other cultural methods to prevent pests.



Outdoor Pest Issues

- Garbage disposal areas
- Outdoor areas where water may collect
- Neighboring properties
- Outdoor pest harborages
- Tires
- Structural areas where pests can enter facility
- Wood play structures



Pests found outside at child care centers

- Mosquitoes
- Bees, Wasps
- Yellow Jackets
- Rats, Mice
- Snakes
- Canada Geese
- Weeds
- Ants / Fire ants
- Ticks

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Outdoor Areas

- Garbage containers, should be placed away from building entrances.
- Dumpsters should have closefitting lids and be kept closed.



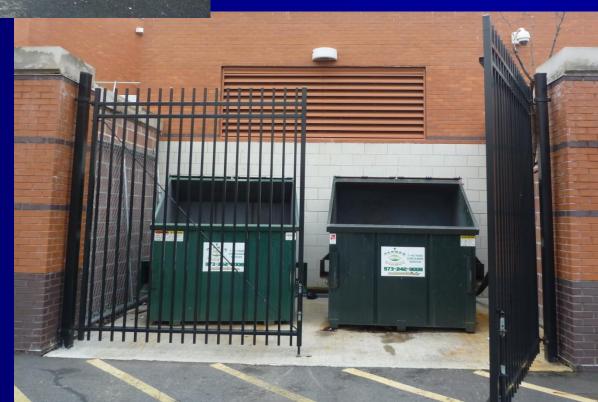






Keep Dumpster Areas Clean

Empty indoor garbage promptly into dumpsters. Keep area around dumpsters clean and free of debris.



Garbage Disposal Areas – Indoors and Out



Manage trash and waste properly by:

- not overloading trash bags,
- tying bags tightly,
- emptying trash receptacles daily,
- keeping both garbage cans and dumpsters lids on securely,
- clean of food.





Pest Prevention: Keep your recycling area clean.







Recycling Areas







Rodent Management







 Trapping is an important component of rodent control.



- Rats are trap-shy and will avoid traps.
- Put the traps out with bait, but do not set them for several days until the rats are used to them.
- Only use baits within a child resistant bait station.
- Never use loose baits it is illegal.

Wasps and Garbage



Garbage containers should:

- have tight fitting lids at all times.
- be emptied frequently enough to prevent the contents from keeping the lid from closing.
- be cleaned of food wastes regularly.

Place garbage into container – do not throw it in.

PLAYGROUNDS: BEES AND YELLOW JACKETS



- Avoid swatting.
- When a wasp is squashed, a chemical (pheromone) is released which attracts other nearby wasps.
- Avoid bright colors or floral patterns.
- Minimize sweet smelling hair rinse, lotions or soaps.

Eliminate Standing Water





- All mosquito species require water to breed.
- No standing water means no mosquitoes.
- Eliminate the places where the mosquito lays her eggs.
- Keep yards and patios free standing water.

Standing Water







- Major mosquito breeding habitats.
- An item as small as a bottle cap can serve as a mosquito breeding area.
- Gutter cleaning, storm sewers, catch basin cleaning, are all an important parts of IMM.
- Discuss pesticide options with your local DPW.
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Garbage Cans and Dumpsters







- These are the most common and overlooked mosquito breeding habitats.
- Drill a series of 1/4" holes (about 6) in the bottom of the can for water drainage.
- Holes also facilitate regular washing of the sticky buildup that accumulates on the bottom and sides of these containers.

Playground Equipment and Toys





- Monitor for puddles and other standing water issues.
- Some play equipment may need to have drainage holes added.
- Play structures and toy interiors can double as prime mosquito breeding habitat if water is left to sit for more than 4 days.



Tires: A Health Hazard





- Tires collect and store rainwater, thus are another breeding habitat for mosquitoes.
- A single tire can harbor tens of thousands of potentially disease carrying mosquitoes.
- Drill ¼" holes in tires for drainage.

Quidoor areas where water may collect

- Are there any signs of standing water on neighboring properties?
- Eliminate or report any standing water that may collect.







Outdoor Areas





- Landscape plantings offer pests access to buildings.
- Keep vegetation, shrubs, and bark mulch at least 18 inches from building.
- Keep shrubs trimmed and not touching the structure.
- Keep tree limbs at least 6 ft away from building and not overhang playgrounds.
- Be aware of hazardous tree conditions?

Other Playground Pests





- Thoroughly inspect grounds on a routine basis for evidence of pests such as yellow jackets, fire ants, snakes, ticks and rodents.
- Pests may overwinter in playgrounds, especially in sand, or wood-chipped areas.
- Limit pesticide use on playgrounds.

Wooden Playground Equipment





- Take precautions around older wooden playground structures as they may be a source of pesticide exposure.
- Many decks and older wood playgrounds have been treated with chemicals, such as chromated copper arsenate (CCA), which repels water and insects **but** these chemicals may leach out over time, becoming contaminants on the surface of the play structure and in surrounding soil.

Integrated Pest Management in Child Care Centers: Part 3 – Developing an IPM Program



 Applying IPM principles prevents unacceptable levels of pest damage or annoyance, by the most economical means, and with the least possible hazard to people, property and the environment.



Essential Ingredients for a Child Care IPM Program:



- IPM Plan
- IPM Coordinator
- Staff involvement
- Assessment of Pest Issues
- Inspection and Monitoring
- Pest Identification
- Managed Treatment
 - Determine and use a pest threshold.
 - Use multiple control tactics.
- Education

Evaluate Pest Management Options



- Consider all pest management options, including:
- No action at all.
- Non-pesticidal pest management methods.
- Consider using low impact pesticides first.
- Use pesticides as a last resort.

The Facility IPM Coordinator:



- Is responsible for overseeing day to day pest problems.
- Is responsible for maintaining the facility so that pests cannot move in.
- Relies on facility employees to report repairs or pest problems.
- Maintains all pesticide application records.
- Ensures notice of pesticide treatments to parents and staff.
- Is the main pest management co. contact.

Staff Involvement: See Something, Say Something.

- Remember Child Care IPM is everyone's job.
- Everyone has a role to play with pest control issues:
 - Report broken doors, leaky pipes and faucets, cracks in walls or windows.
 - Pick up clutter in your room.
 - Don't leave food, crumbs, candy and other items around.
 - Store food items in locking plastic containers.
 - Report /clean up food and drink spillages when they occur.





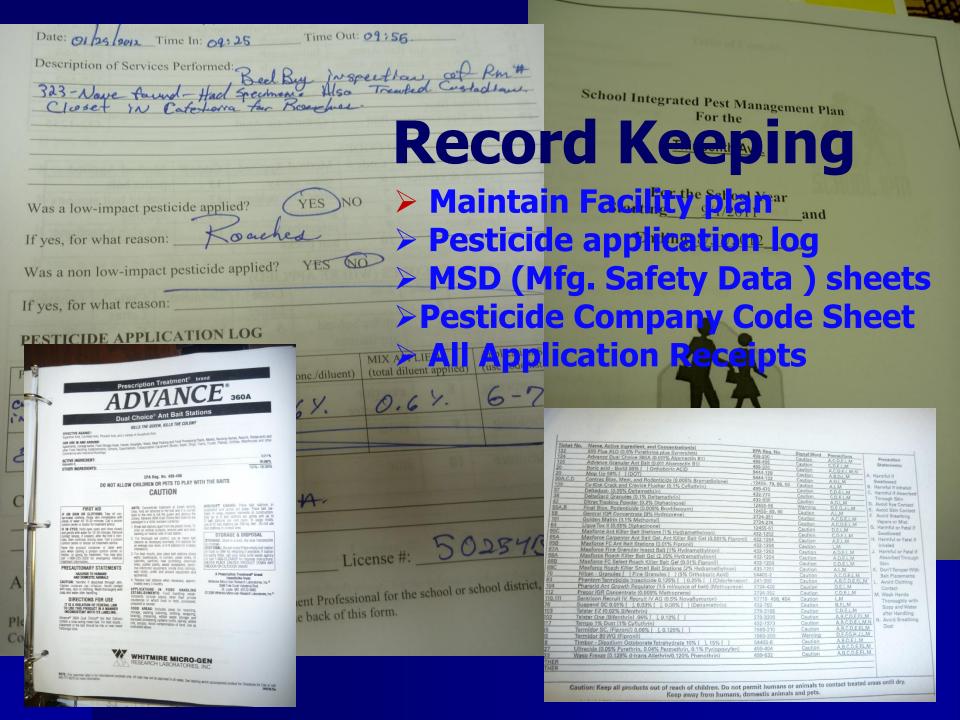
- Check monitors
- Make sure staff knows to inform the IPM coordinator of any and all sightings of:
 - Corpses, shed skins, droppings, actual live insects, or animals, damage, debris, or urine stains.

Reporting Pests

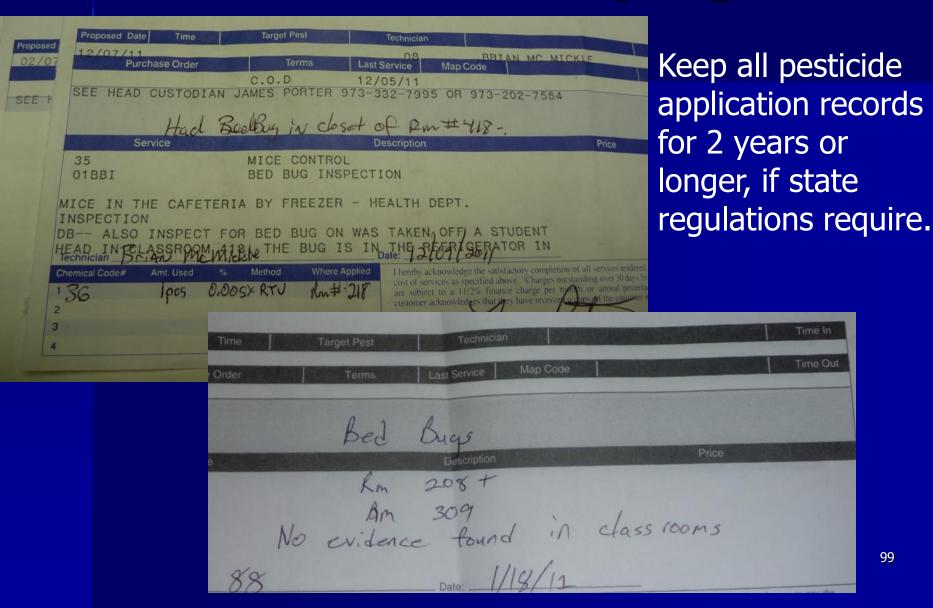
Service Complaint Log					
PEST SIGHTED	AREA PEST WAS	PERSON REPORTING PEST	ACTION BY BOWCO	BOWCO TECHNICIAN	COMPL
Bugs In	SIGHTED Slot Suck	J. Porter Sv. East	Trental MGel	B. Mc Mirble	
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- Contact the IPM Coordinator.
- Create a sequential system to report pest complaints and building problems.

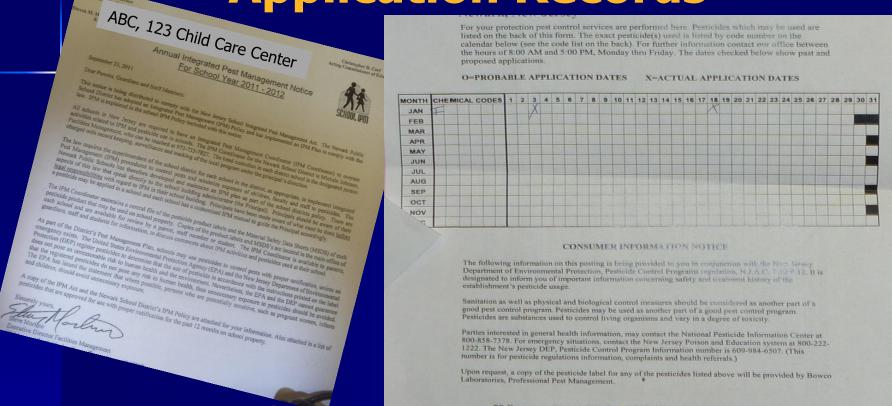
Pest sighting logs should be placed with food service and IPM coordinator. Make accessible to inspectors, staff, and others.



Record Keeping



Post Pesticide Policy and Application Records

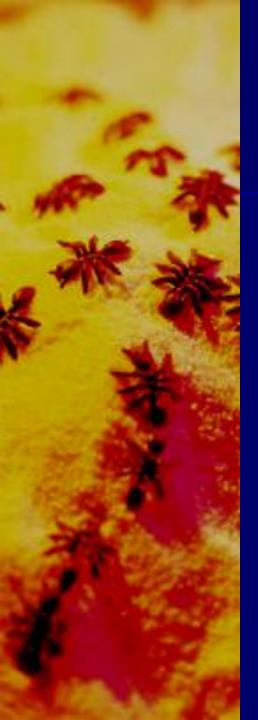


Pesticide Application Notification

- Notify parents or guardians and staff prior to application of any non-low impact pesticide treatments at the center.
- A Restricted Entry Interval (REI) must be posted and adhered to, 100 if applicable.

How often should a pest control company apply pesticides?

- Only when needed?
- Should they apply on a regular basis? Weekly? Monthly? Why?
- Should they applying to prevent pest problems?
- How do you determine the frequency of visits / applications?



What are your pest thresholds?

- At what point does a child care center administrator determine if there is a real pest problem?
- When is it time to call a pest control company?
 - 1 ant found?
 - 5 ants found?
 - 20 ants found?
- Was a source for entry found?
- Was the entry source blocked?
- Are ants still entering?

How to Hire a Pest Management Professional

- Call several companies.
- Insist on references.
- Check the references.
- Do they offer an Integrated Pest Management solution to the problem?
- Do they perform an inspection and give a check-list of issues?
- Do they offer both chemical and non-chemical treatment options?
- Are they licensed and insured?

Integrated Pest Management



- IPM is a way to think and react to everyday actions.
- IPM is a commitment to using safer, low-impact pest control methods to keep facilities pest free.
- IPM is about people working together for the common goal of safer environments for our children.



Benefits of Child Care IPM

- Reduced pesticide use.
- Healthier learning environment for our children.
- Better long-term control of pests.
- Reduced liability of the facility.
- Lower costs for pest management.
- Promotes cooperation between staff.

