

## **What is Integrated Pest Management?**

Integrated Pest Management (IPM) is a holistic approach to pest control, not an alternative pest control method. It employs a variety of methods, and minimizes the potential for adverse effects on health and the environment.

IPM is based upon regular inspections, accurate identification of pests and of the specific area actually infested.

IPM prevents pest problems by eliminating pest habitat, and access to food, water and other essential needs.

IPM requires that you decide when the pest has become intolerable; zero tolerance may not be necessary for every pest.

IPM responds to pest problems with mechanical, physical and biological controls, and resorts to chemical controls last.

IPM requires an evaluation of the toxicity and exposure potential associated with any pesticide to assure that the alternative used has the lowest toxicity and lowest risk for unwanted exposure.

## **How can IPM control indoor pests?**

When a pest has become a problem in your home, think in terms of what the pest needs to survive and reproduce. Make it unwelcome.

Improved sanitation and home maintenance can deny pests access to food and water.

Physical barriers, such as screens, caulking and structural repairs can deny the pest access into your home or to its hiding and breeding spaces inside your home.

Mechanical controls, such as traps, can catch and kill some pests. Spiders and others might simply be vacuumed up.

Some pests may be controlled by products which use sex attractants or hormones to confuse the pest, arrest its development or interfere with breeding.

If you must use chemical poisons, choose carefully and use cautiously. Select those with the lowest toxicity and the least potential for exposure of humans, pets and other non-target species. Products used in cracks and crevices, in closed traps and mixed with baits are preferred.

## **How can IPM control lawn & garden pests?**

Start with careful planning and preparation. Optimize soil conditions to promote healthy plants. Choose plants and seeds that are insect and disease resistant and well suited for your site.

Careful maintenance is critical. Proper watering, fertilization, cutting and pruning all help maintain healthy plants.

Many weeds can be removed manually, while others can be controlled by proper cutting.

Biological controls, such as bacteria, microscopic worms and beneficial insects can control some pests.

Traps baited with food, sex attractants or UV light can be used to control a variety of insects.

Good maintenance of your property will discourage pests outdoors and deny shelter and breeding grounds to some that will invade your home.

If you must use chemical poisons, choose and use them carefully. Consider the potential impact on children, pets, other non-target species, and natural resources.

## Useful References:

*Common Sense Pest Control: Least toxic solutions for your home, garden, pets and community.* Wm. Olkowski, S. Daar and H. Olkowski, 1991. Taunton Press, 736 pp.

*Lawn Care Without Pesticides.* N.W. Hummel, available at NYS Cooperative Extension offices.

*The Chemical-Free Lawn.* W. Schultz, 1989. Rodale, 194 pp.

*The Natural Lawn and Alternatives.* Plants and Gardens - Brooklyn Botanic Gardens Record: 49(3), 1993. 96pp.

*IPM Practitioner.* A monthly publication of the Bio-Integral Resource Center featuring articles on IPM products and methods and an annual Directory of Least Toxic Pest Control Products.

On the World Wide Web, visit the "Integrated Pest Management in Schools" website for links to many sites offering a wide variety of information on Integrated Pest Management.  
(<http://schoolipm.ifas.ufl.edu/>)

## A Final Note:

There is increasing interest around New York State, and across the nation, in reducing exposure to potentially toxic pesticides while still controlling pests in and around our homes, workplaces and recreational facilities.

Integrated Pest Management strategies can accomplish this goal.

This brochure can help you understand and use IPM, whether you do it yourself or hire a contractor.

If you hire a contractor, take care to be sure that you will receive the service you want. Even if they describe their service as Integrated Pest Management, not all pest control contractors will necessarily be offering the same service, and not all will be offering service which fits your requirements.

Be sure to check the details of what services will be performed and what materials will be used. Choose a contractor with the training, experience and equipment needed to provide the service you want. Supplies for the do-it-yourselfers are also available at home and garden centers and by mail.

# INTEGRATED

# PEST

# MANAGEMENT:

## An Introduction



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