INTEGRATED PEST MANAGEMENT CHECKLIST FOR FAMILY CHILD CARE HOMES

* * * * * * * * *

ê 🖌 🗞



California Childcare Health Program, University of California, San Francisco School of Nursing • cchp.ucsf.edu

Funding for the Integrated Pest Management Toolkit for Family Child Care Homes has been provided in full or in part through a grant awarded by the California Department of Pesticide Regulation (DPR). The contents of this document do not necessarily reflect the views and policies of DPR nor does mention of trade names or commercial products constitute endorsement or recommendation for use.

INTEGRATED PEST MANAGEMENT (IPM) HOW TO USE THE IPM CHECKLIST

The *Integrated Pest Management Checklist for Family Child Care Homes (referred to as the IPM Checklist)* will help you inspect your family child care home and yard so you can find pests, identify where pests enter, and where pests find food, water, and shelter.

Before you use the IPM Checklist, read the two sections below, *Instructions* and *Helpful Tools for an IPM Inspection.* The page *Integrated Pest Management (IPM) How to Find Evidence of Pests* will aid you in identifying pests and noting them on the IPM Checklist.

You'll notice that the IPM Checklist is divided into indoor and outdoor areas, where you'll inspect different locations. The *Integrated Pest Management (IPM) Checklist Items Explained* section provides details on the rationale for the items and instructions on how to complete them. The *Integrated Pest Management (IPM) Action Plan Worksheet* page can be used to identify the things you can change or improve easily versus structural problems, that may require more time or money. Oftentimes, making repairs seem costly, yet you may actually be saving money by preventing pest problems that destroy property and cause damage and harm.

Instructions

- Collect the helpful tools to complete the IPM Checklist (see the box to the right).
- **2** Complete the IPM Checklist.
 - Check Yes, No, or N/A (not applicable) beside each item. Yes means that you don't have to take further action. No means you should follow the suggestion-for example, you need to buy an outdoor garbage bin or indoor garbage can with a tight-fitting lid.
 - Do not check Yes unless the item applies in every instance. For example, item #10 states "Window screens have no holes or gaps." But, if one window doesn't have a screen, you should check No even if all other windows have screens. In the Comments section (the line after each item), record where the window without the screen is located.
 - The Comments section can include followup notes, things that need to be fixed or changed, and things to be discussed with your staff or other members of the household.
 - There is a *Pests* item at the end of each section. Check the pest item if you see evidence of the pest, damage, or the pest itself. Note the number of pests for each type of pest seen.
- 8 Review the completed IPM Checklist, and refer to Integrated Pest Management (IPM) Checklist Items Explained if you have questions about any of the items.
- Complete the Integrated Pest Management (IPM) Action Plan Worksheet as a guide to helping you make the changes needed in your home.

Helpful Tools for an IPM Inspection

- Map of the house or floor plan to mark areas that may need follow-up management or regular inspection.
- Standard flashlight and an ultraviolet (UV) flashlight (good for detecting rodent urine stains that light up under UV light).



B Knife or flat spatula to poke

into narrow cracks and crevices to reveal where pests like to hide and where they seek shelter and food. If a spatula fits in a crack in concrete, baseboards, or wallboards, pests can hide there.

- **Hand lens** or magnifying glass for pest identification.
- Vial for collecting pests you want to identify (for example, if you want to know exactly what kind of cockroach you found in the bathroom).
- **Telescoping mirror** that lengthens from around 6 to 36 inches. These are helpful for seeing behind or under hard-to-reach places.



- Measuring tape of at least 6 feet length.
- Quick Tips at www.ipm.ucdavis.edu/QT/index. html offers quick advice related to pests and environment-friendly gardening practices.

INTEGRATED PEST MANAGEMENT (IPM) HOW TO FIND EVIDENCE OF PESTS

- Ants: Look for large trails of ants or just a few of them. Look for ant trails around windows, electrical or plumbing lines, and home edges. Look for holes or cracks at the base of your home or along the walls that provide entry points to your home. Straggling ants are usually scouts randomly searching for food or nesting sites. When you spot ant trails, try to follow the ants to where they're entering the home and, if possible, to the nest.
- Cockroaches: Look for signs of cockroaches such as droppings (dark spots or smears), cast skins, and dead roaches. Cockroaches like warm (70°– 75°F), damp areas close to food and waste found in kitchens, bathrooms, and food preparation and storage areas. Place traps in several spots and check traps often. You'll need to name the cockroach species you have to treat effectively.
- Fleas: If you think you have a flea problem indoors, put on some light-colored knee socks and walk around. Fleas will hop on to the socks. Then, use a vacuum cleaner with a HEPA filter and vacuum the area 2–3 times a day until the fleas are gone.
- ▶ Flies: Look for house flies around windows and maggots in rotting food and garbage.
- Mold: Look for mold in indoor places that smell musty and in areas that are often wet or damp, such as bathrooms, laundry, utility rooms, and basements. Damp odors should be noted because they suggest that water may be present and mold growth is likely. Also, note symptoms of allergy like sneezing, runny nose, watery eyes, coughing, or wheezing, Mold comes in many colors, not just black, and does not need light to grow. It can grow in dark areas and on hidden surfaces, such as the backside of drywall, wallpaper and paneling, the top side of ceiling tiles, and the underside of carpets and pads.

- Mosquitoes: Where is there standing water? Water tends to accumulate in blocked gutters, buckets, and toys left outside. Look for mosquitoes resting on walls or flying near people.
- Rats and mice: Look at garbage bins and cans for droppings, chewed spots, or holes. Look at packaged food, doors, windows, baseboards, and electrical cords for chewed spots, tooth marks, woodchips, or shavings. Check near walls, food supplies, and pathways for droppings. Old droppings are hard, gray, and rigid. Fresh droppings are dark and soft, possibly a sign of a current rat/mouse problem. Check for freshly dug earth near holes around foundations and walls. Check for rub marks along walls. Rub marks are dark smears where dirt and oil from rodent fur mark pipes, beams, hallways, edges of stairs, or around gnawed holes. Fine, shredded paper or similar materials are common nestbuilding materials.
- Snails and slugs: Look for irregular holes with smooth edges in leaves and flowers. Look for their silvery trails to confirm slugs or snails caused the damage and no other garden pests.
- Spiders: Look for cobwebs and spiders in dark areas of your home. Spiders are usually harmless. If you find a black widow spider, you can swat it with a rolled-up piece of paper and then step on it.
- Yellowjackets: Look for yellowjackets. Their nests can be found in holes in the ground outside and holes in the walls or ceilings inside your home.
- ▶ Weeds: Look for lawn weeds such as clover, that attracts honey bees. The bees could pose a problem if children play on the lawn.
- Other: Look for signs of other pests, often in the form of droppings (for example, raccoons, gophers, pigeons, and squirrels).

INTEGRATED PEST MANAGEMENT (IPM) CHECKLIST FOR FAMILY CHILD CARE HOMES

PERSON COMPLETING FORM				DATE		
Outdoor Areas						
Ga	rbage, Recycling, and Compost			Comments		
1.	Bins have tight-fitting lids without cracks, holes, or rust.	YES	NO	□ N/A		
2.	Bins are located away from doors.	YES	NO	□N/A		
3.	Bins are located on hard, cleanable surfaces such as asphalt or concrete.	YES	NO	□ N/A		
4.	Area around bins has no spills or garbage.	YES	NO	□ N/A		
5.	All recyclables are empty and rinsed.	YES	NO	N/A		
	Pests (evidence of the pest, damage, or the pest itself)			ICKROACHES FLEAS FLIES SPIDERS MOSQUITOES		
	ildings: Structure, Landscaping, d Play Area					
6.	Walls, foundation, and electrical boxes have no gaps, holes, or cracks.	YES	NO	□ N/A		
7.	Foundation comes up at least 12 inches above the soil.	YES	NO	□ N/A		
8.	Window trim has no cracks or gaps.	YES	NO	□ N/A		
9.	Windows close completely.	YES	NO	□ N/A		
10.	Window screens have no holes or gaps.	YES	NO	□ N/A		
11.	Vents and other large openings are screened with ¼-inch hardware cloth.	YES	NO			
12.	Doors that open to the outside have sweeps or weather-stripping.	YES	NO			
13.	Plants are at least 12 inches away from buildings.	YES	NO	□ N/A		
14.	Tree and shrub branches are at least 6 feet away from buildings.	YES	NO	□ N/A		
15.	Grass is cut down and weeds are pulled.	YES	NO	□ N/A		
16.	Sides of buildings are free of ivy and other vines.	YES	NO	□ N/A		
17.	Wood chips and mulch are at least 6 inches away from buildings.	YES	NO	□ N/A		
18.	Wood piles are stored off the ground and several feet away from buildings.	YES	NO	□ N/A		

Buildings: Structure, Landscaping, and Play Area (con	ntinued) Comments
19. Standing water and puddles are cleared from yard, play equipment, and toys.	YESNON/A
20. Faucets, hoses, and sprinklers have no drips or leaks.	□ YES □ NO □ N/A
 Play structures are clean without droppings, garbage, spider webs, or debris. 	□ YES □ NO □ N/A
22. Sandbox is clean and dry without droppings, garbage, or debris.	
23. Bait stations and traps are out of children's reach.	
24. Yellowjacket traps are 20 feet away from play and eating areas.	
Pests (evidence of the pest, damage, or the pest itself)	ANTS COCKROACHES FLEAS FLIES SPIDERS MOSQUITOES YELLOWJACKETS RATS/MICE SNAILS/SLUGS OTHER (SPECIFY)
Indoor Areas	
Kitchen and Eating Area	
 Areas around and under dishwasher, washing machine, and refrigerator are clean and dry. 	□ YES □ NO □ N/A
26. Countertops, shelves, cabinets, and drawers are clean and dry.	□ YES □ NO □ N/A
27. Food is stored in tightly sealed containers made of plastic, glass, ceramic, or metal.	
28. Bulk products are stored off the floor and do not touch the walls.	□ YES □ NO □ N/A
29. Stoves and ovens are cleaned of food scraps or spills.	

- 30. Floors and molding are cleaned of food scraps or spills.
- 31. Meal and snack tabletops are free of food scraps, crumbs, and spills, if not in use for eating.
- 32. Cardboard boxes are not used for storage.
- 33. Faucets and pipes do not drip or leak.

YES	NO	□ N/A
YES	NO	□ N/A
YES	NO	□ N/A
YES	NO	□ N/A
YES	NO	N/A

Kitchen and Eating Area (continued)	Comments
34. Gaps between pipes, vents, and walls are sealed or screened.	
35. Cracks and crevices around cabinets and molding are sealed or filled.	□ YES □ NO □ N/A
 Garbage, recycling, and compost storage areas are cleaned of food scraps or spills. 	□ YES □ NO □ N/A
37. Bait stations and traps are out of children's reach.	□ YES □ NO □ N/A
Pests (evidence of the pest, damage, or the pest itself)	ANTS COCKROACHES FLEAS FLIES SPIDERS MOSQUITOES YELLOWJACKETS RATS/MICE SNAILS/SLUGS OTHER (SPECIFY)
Bathroom	
38. Walls, tile, grout, and other surfaces are free of mold.	□ YES □ NO □ N/A
39. Indoor garbage cans have plastic linings.	
40. Faucets and pipes do not drip or leak.	□ YES □ NO □ N/A
41. Toilet, sink, shower, and tub do not drip or leak.	□ YES □ NO □ N/A
42. Walls, floors, and tiles do not have holes, gaps, or cracks.	□ YES □ NO □ N/A
43. Gaps between pipes, vents, and walls are sealed or screened.	□ YES □ NO □ N/A
44. Cracks and crevices around cabinets and mirrors are sealed or filled.	□ YES □ NO □ N/A
45. Lotions and creams, such as toothpaste, diaper cream, and sunscreen, are covered.	□ YES □ NO □ N/A
Pests (evidence of the pest, damage, or the pest itself)	ANTS COCKROACHES FLEAS FLIES SPIDERS MOSQUITOES
Living and Play Areas	
46. Furniture moves easily for vacuuming.	□ YES □ NO □ N/A
47. Areas are free of clutter.	□ YES □ NO □ N/A
48. Play things are stored on shelves or in containers made of plastic, glass, ceramic, or metal with tight-fitting lids.	□ YES □ NO □ N/A
49. Furniture, flat surfaces, and floors are free of dust.	

Living and Play Areas (continued)	Comments
50. Walls and baseboards have no holes,	
gaps, or cracks.	□YES □NO □N/A
51. Windows close completely with no gaps between the sill and window.	□ YES □ NO □ N/A
52. Walls, windows, and ceilings are dry without mold, and there is no water damage.	□ YES □ NO □ N/A
53. Fresh air is provided by windows or a ventilation system.	YES NO N/A
54. Food items used for arts and crafts, such as macaroni or beans, are in tightly sealed containers.	□ YES □ NO □ N/A
55. Arts and crafts made with food are not on display.	□ YES □ NO □ N/A
56. Garbage cans have plastic linings.	□YES □NO □N/A
57. Garbage cans have tight-fitting lids.	□YES □NO □N/A
58. Bait stations and traps are out of children's reach.	□ YES □ NO □ N/A
Pests (evidence of the pest, damage, or the pest itself)	ANTS COCKROACHES FLEAS FLIES SPIDERS MOSQUITOES YELLOWJACKETS RATS/MICE SNAILS/SLUGS OTHER (SPECIFY)
Storage Areas: Attic, Basement, Garage, or Shed	
59. Areas are clean, organized, and free of clutter.	□ YES □ NO □ N/A
60. Paper products are stored off the floor on shelves.	□ YES □ NO □ N/A
61. Cardboard boxes are not used for storage.	□ YES □ NO □ N/A
62. Areas are free of beverage containers, crumbs, and garbage.	□ YES □ NO □ N/A
63. Food items are stored in tightly- sealed containers made of plastic, glass, ceramic, or metal.	□ yes □ no □ n/A
64. Buckets are rinsed and dry and mops are hung up to dry.	□ YES □ NO □ N/A
65. Areas are free of standing water, leaks, and water droplets.	YES NO N/A
66. Cracks and crevices around cabinets are sealed or filled.	□ YES □ NO □ N/A
Pests (evidence of the pest, damage, or the pest itself)	ANTS COCKROACHES FLEAS FLIES SPIDERS MOSQUITOES YELLOWJACKETS RATS/MICE SNAILS/SLUGS OTHER (SPECIFY)

Questions about an item?

Look for the corresponding number below for the reasons the items are included in the Checklist.

Outdoor Areas

Garbage, Recycling and Compost

1. Bins have tight-fitting lids without cracks, holes, or rust.

WHY? Bins that don't seal properly or can be gnawed through by rats can provide access to food for rodents, birds, flies, and other pests.

2. Bins are located away from doors.

WHY? Bins located too close to doors can attract flies and yellowjackets, that can then enter the building. This is especially a problem near kitchen doors.

 Bins are located on hard, cleanable surfaces such as asphalt or concrete.
 WHY? Hard, cleanable surfaces such as concrete or asphalt pads help prevent rats

from digging burrows beneath them. Spills are easier to clean off of hard surfaces. Flies, yellowjackets, and other pests are attracted to spills.

- Area around bins has no spills or garbage. Overflowing bins indicate the need for more carts or more frequent garbage collection. WHY? Spilled liquids and garbage attract pests.
- All recyclables are empty and rinsed.
 WHY? Food or drink left in bottles or cans can attract pests.

Building: Structure, Landscaping, and Play Area

- Walls, foundation, and electrical boxes have no gaps, holes, or cracks.
 WHY? Pests enter through gaps in electrical and plumbing service, roofs, windows, and under doors.
- 7. Foundation comes up at least 12 inches above the soil.

WHY? Elevated building foundations provide a barrier to keep pests from entering.

- 8. Window trim has no cracks or gaps. WHY? Pests commonly enter a building through holes, cracks, gaps, and crevices between pipes, vents, roofs, floors, windows, walls, baseboards, cabinets, and mirrors. If you can fit a dime or pencil into the hole, then a mouse or rat can fit through the gap too.
- 9. Windows close completely. WHY? See answer #8.
- **10. Window screens have no holes or gaps.** WHY? See answer #8.
- 11. Vents and other large openings are screened with ¼-inch hardware cloth.
 WHY? Vents and large openings covered with ¼-inch hardware cloth will keep rodents, birds, and yellowjackets out. Rodents will be unable to squeeze through the hole.
- 12. Doors that open to the outside have sweeps or weather-stripping.

If you can see light coming in under or around doors, you should install sweeps or weather-stripping.

WHY? If light is visible under doors mice, crawling insects, and spiders can enter the building. All exterior doors need sweeps, weather-stripping, or similar barriers, especially doors near garbage cans.

13. Plants are at least 12 inches away from buildings.

WHY? Keeping plants away from buildings (such as houses, apartment complexes, sheds, or garages) increases light, increases air circulation, and reduces moisture.

14. Tree and shrub branches are at least 6 feet away from buildings.

WHY? Pests, such as roof rats, can jump far distances from branches to your roof. Keeping branches away from buildings increase light, increase air circulation, and reduce moisture.

- **15.** Grass is cut down and weeds are pulled. WHY? Lawn weeds such as clover can attract honey bees. Bees could pose a problem if children use the lawn as a play area.
- 16. Sides of buildings are free of ivy and other vines.

WHY? Ivy is a favorite shelter for rats.

Building: Structure, Landscaping, and Play Area (continued)

17. Wood chips and mulch are at least 6 inches away from buildings.

WHY? Rodents and some insects, such as ants, often live in wood piles, debris, and thick mulch. You should be able to see the building foundation to inspect for pests. Avoid termite infestations by keeping wood-container mulch at least 6 inches away from buildings with wooden siding.

- 18. Wood piles are stored off the ground and several feet away from the buildings. WHY? Stacking firewood off the ground aids in drying and makes it more difficult for insects, such as carpenter ants, to crawl into the woodpile.
- 19. Standing water and puddles are cleared from yard, play equipment, and toys. WHY? Standing water in lawns, toys, and containers provides ideal conditions for mosquitoes to breed.
- 20. Faucets, hoses, and sprinklers have no drips or leaks.

WHY? Moisture encourages mold to grow and provides water necessary for pests to survive.

- 21. Play structures are clean without droppings, garbage, spider webs, or debris. WHY? Garbage, debris, and droppings attract pests such as flies or rats. Clear spider webs to reduce the chance of a child being bit by a spider.
- 22. Sandbox is clean and dry without droppings, garbage, or debris.

WHY? Open sandboxes can attract pests, and children may touch or inhale droppings and germs in the sand. Sandboxes should be covered during non-operating hours.

23. Bait stations and traps are out of children's reach.

WHY? Bait stations contain pesticides and traps may have sharp edges or snapping devices that can harm children.

24. Yellowjacket traps are 20 feet away from play and eating areas.

WHY? The traps attract yellowjackets that fly around before they reach the trap.

Indoor Areas

Kitchen and Eating Area

- 25. Areas around and under dishwasher, washing machine, and refrigerator are clean and dry. WHY? Spilled liquid and food crumbs can attract pests. Moisture allows mold and mildew to grow and provides water necessary for pests to survive.
- 26. Countertops, shelves, cabinets, and drawers are clean and dry. WHY? See answer #25.
- 27. Food is stored in tightly sealed containers made of plastic, glass, ceramic, or metal. WHY? Food that's left out attracts ants, cockroaches, flies, mice, rats, and other pests.
- 28. Bulk products are stored off the floor and do not touch the walls. WHY? Allows inspection under and behind containers and reduces pest shelters and available food.
- 29. Stoves and ovens are cleaned of food scraps or spills. WHY? See answer #25.
- 30. Floors and molding are cleaned of food scraps or spills.WHY? See answer #25.
- 31. Meal and snack tabletops are free of food scraps, crumbs, and spills, if not in use for eating. WHY? See answer #25.
- **32. Cardboard boxes are not used for storage.** WHY? Cardboard provides a hiding place for pests, especially cockroaches.
- **33. Faucets and pipes do not drip or leak.** WHY? See answer #20.
- 34. Gaps between pipes, vents, and walls are sealed or screened. WHY? See answer #8.

Kitchen and Eating Area (continued)

- 35. Cracks and crevices around cabinets and molding are sealed or filled. WHY? See answer #8.
- 36. Garbage, recycling, and compost storage areas are cleaned of food scraps or spills. WHY? See answer #4.
- 37. Bait stations and traps are out of children's reach.WHY? See answer #23.

Bathroom

38. Walls, tile, grout, and other surfaces are free of mold.

WHY? Mold gets into the air and irritates some children's lungs, triggers asthma, and could cause other health problems.

- **39. Indoor garbage cans have plastic linings.** WHY? Plastic linings keep garbage cans clean so they're less attractive to pests. They also make garbage easier to toss into larger bins.
- **40.** Faucets and pipes do not drip or leak. WHY? See answer #20.
- 41. Toilet, sink, shower, and tub do not drip or leak.

WHY? See answer #20.

- 42. Walls, floors, and tiles do not have holes, gaps, or cracks.WHY? See answer #8.
- 43. Gaps between pipes, vents, and walls are sealed or screened. WHY? See answer #8.
- 44. Cracks and crevices around cabinets and mirrors are sealed or filled. WHY? See answer #8.
- 45. Lotions and creams, such as toothpaste, diaper cream, and sunscreen, are covered.
 WHY? Some of the ingredients in toiletries can attract pests and can also be hazardous to children's health.

Living and Play Areas

- 46. Furniture moves easily for vacuuming. WHY? Crumbs may collect under furniture. If you have a roach or flea infestation, you'll need to vacuum thoroughly.
- 47. Areas are free of clutter. WHY? Cockroaches and mice can hide in cluttered spaces. Roaches feed on cardboard glue. Store play things such as puzzles, blocks, and dress-up clothes on shelves or in plastic containers with lids.
- 48. Play things are stored on shelves or in containers made of plastic, glass, ceramic, or metal with tight-fitting lids. WHY? See answer #47.
- 49. Furniture, flat surfaces, and floors are free of dust.WHY? Dust mites trigger asthma and allergies.

Harmful toxins such as pesticides, lead, and flame retardants collect in dust.

- 50. Walls and baseboards have no holes, gaps, or cracks. WHY? See answer #8.
- 51. Windows close completely with no gaps between the sill and window. WHY? See answer #8.
- 52. Walls, windows, and ceilings are dry without mold, and there is no water damage.WHY? These can be areas where mold grows and pooled water can attract pests.
- 53. Fresh air is provided by windows or a ventilation system.WHY? Air circulation can decrease mold growth and improve indoor air quality.
- 54. Food items used for arts and crafts, such as macaroni or beans, are in tightly sealed containers. WHY? See answer #27.

Living and Play Areas (continued)

55. Arts and crafts made with food are not on display.

WHY? See answer #27.

- **56. Garbage cans have plastic linings.** WHY? See answer #39.
- **57.** Garbage cans have tight-fitting lids. WHY? Indoor garbage without a lid can attract pests and can pose a health and safety risk to children.
- 58. Bait stations and traps are out of children's reach. WHY? See answer #23.

Storage Areas: Attic, Basement, Garage, or Shed

- 59. Areas are cleaned, organized, and free of clutter. WHY? See answer #47.
- 60. Paper products are stored off the floor on shelves.WHY? Some pests eat paper and use it for hiding.
- 61. Cardboard boxes are not used for storage. WHY? See answer #32.
- 62. Areas are free of beverage containers, crumbs, and garbage. WHY? See answer #5.
- 63. Food items are stored in sealed, rigid containers made of plastic, glass, ceramic, or metal. WHY? See answer #27.
- 64. Buckets are rinsed and dry, and mops are hung up to dry.WHY? Keeping mops and buckets dry prevents moisture and mold growth.
- 65. Areas are free of standing water, leaks, and water droplets. WHY? See answer #19.
- 66. Cracks and crevices around cabinets are sealed or filled. WHY? See answer #8.

INTEGRATED PEST MANAGEMENT (IPM) ACTION PLAN WORKSHEET

Instructions for completing the table

- 1. Write out the number and item marked NO on the IPM Checklist.
- 2. List the action steps you can take to change the item from NO to YES. If an item cannot be changed, you can note that here. Keep in mind barriers to change such as cost, time, personnel, etc.
- 3. Set a target date for each item you can change in the next 6 months. Prioritize items that are the easiest and least expensive to change by setting short-term target dates.

ITEM #	IPM CHECKLIST ITEM TEXT	ACTION STEPS	TARGET DATE			
Outdoor Areas						
Indo	or Areas					