



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

## UTTC Lifeskills Lessons – Managing Home and Self

### Lesson 28: Uninvited Guests?

#### Rodents, Cockroaches, Bedbugs, Insects, and Head Lice

LS00028

#### FACTS

Public health efforts have increased the life span of all Americans because of decreased infections and increased awareness of the importance of living in a healthy environment. Common “pesty” uninvited guests can make the living environment unhealthy! Pests such as mice, rats, and cockroaches can impact our health if they live within human homes. Even if we respect the living things we now consider pests, we must control them and force them to live in their own homes! Controlling these uninvited house guests with chemicals can also cause and/or trigger allergies and asthma by contaminating the indoor air we breathe. It is recommended that the Integrated Pest Management System be used first.

#### RESOURCES

- [www.youtube.com/watch?v=XqTtyOX64s8](http://www.youtube.com/watch?v=XqTtyOX64s8) – 1.44 minutes – house flies and food
- [www.youtube.com/watch?v=cm8UK4XZvaE](http://www.youtube.com/watch?v=cm8UK4XZvaE) – 15.36 minutes – house flies and disease
- [www.youtube.com/watch?v=-zf7UxfL0zE](http://www.youtube.com/watch?v=-zf7UxfL0zE) – 2.13 minutes (best for all topics)
- [www.youtube.com/watch?v=7wsk8a3ze80](http://www.youtube.com/watch?v=7wsk8a3ze80) – 7.31 minutes (viruses and mosquitos)
- Healthy Home: Pest Control - [http://healthyhomepest.com/ABOUT\\_US.html](http://healthyhomepest.com/ABOUT_US.html) (seasonal guide)

#### Integrated Pest Management:

Integrated Pest Management (IPM) is a method of control that focuses on knowing the pests and how those pests get into our home. IPM helps us control the pests before they control us by using safer systems which are generally non-chemical methods as the first line of defense. If IPM has to resort to chemicals, the system stresses the use of the least hazardous products. The system includes reading and following warning labels before using any chemical products. Contacting a pest control professional in your community or requesting your land lord to contact them will help you make your home healthy, safe, and comfortable.

##### Step One:

Find out what kind of pests you have and where they are coming from. Each pest has different habits so it’s important to “know your enemy!” Sticky traps can tell you what and where they are.

##### Step Two:

It is true all creatures are expected to live together on Mother Earth together. It is also true that all pests like where they have easy access to food, water and be sheltered in a hiding place. But, we do not have to share our food, water and shelter with guests we do not invite into our home. These pesty guests have their own resources for survival. If we understand what they are easily accessing within our home, we can take it away and they are less likely to bother us. This is the most important step in IPM and prevention!

- Close their entrances and access points, such as gaps in walls, windows, doors, pipes, pavement and other surfaces by using caulk, steel wool, or other pest-proof materials making entry not as tempting or possible.
- Keep our living areas clean and uncluttered – pests like private hiding places.
- Put food in tightly sealed containers so pests cannot easily access our food.
- Keep trash in closed containers and remove garbage on a regular basis.
- Fix plumbing or water leaks.

##### Step Three:

Use traps and baits before resorting to chemicals, along with less-toxic chemical dusts such as boric acid.

- Put the bait close to the pest’s hiding place or former entry point which you have now sealed.
- Do not spray any pesticides. This will keep the pests away from the bait.
- Choose and use chemicals, carefully!
- Read and follow the label on chemicals - labels have valuable information on proper use.
- Contact a local pest control professional or someone trained in IPM, if you are unable to control pests.

**When we show our respect  
for other living things, they  
respond with respect for us.  
– Arapaho**

## Bed Bugs:

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A few decades ago, bedbugs were rare. But since the early 2000s, infestations have become more common in the United States. In fact, in 2013 a study in the journal *Nature Scientific Reports* suggested that bedbugs have evolved ways to resist insecticides.

Bed bugs live in mattress and box spring folds. For centuries, they have lived on human blood. Though they aren't known to transmit disease or pose any serious medical risk, the stubborn parasites can leave itchy and unsightly bites. The creatures don't have wings and they can't fly or jump. Bedbugs are most active at night and feed on sleeping human hosts by biting exposed areas of the body, such as the face, neck, arms and hands. The bites themselves don't usually pose any major health risk, but an allergic reaction to the bites may require medical attention, CDC officials say.

Persons effected by bites, may excessively scratch the itch, which may lead to increased chance of a secondary skin infection. Antiseptic creams or lotions can be used to ward off infection and antihistamines can be used to treat the itching. There are also public health, social and economic consequences because infestations can take a psychological toll on those affected: People whose homes have been infested with bedbugs may have trouble sleeping for fear of being bitten in the night.

Getting rid of clutter may help to reduce the number of hiding places for bedbugs, but according to the CDC, the best way to prevent bedbugs is regular inspection for the signs of an infestation. If you suspect an infestation, experts recommend finding a professional exterminator who has experience dealing with bedbugs. Exterminators may use nonchemical methods, such as devices to heat a room above 122 degrees Fahrenheit (50 degrees Celsius), a lethal temperature for bedbugs, according to the Mayo Clinic. Freezing infested items for a few days at temperatures below 0 F (-18 C) may also put bedbugs to permanent rest, according to the University of Minnesota. But you may have to throw out heavily infested mattresses and other items of furniture. A last resort process may require chemical insecticides.

## Insects

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Flies and Mosquitos: Insects should not share our indoor space. It is our responsibility to have tight screened windows and doors, use fly traps and swatters to make sure we are safe from these insects.

Flies have shared our living spaces since the beginning of time. In today's world, we expect our homes to be safe and healthy. The housefly (*musca domestica*) is one of the most common of all insects. The fly is a major health hazard, particularly where sanitary conditions are poor. So do we carry a fly-swatter to the dinner table? Flies carry germs of several deadly diseases and cause millions of deaths every year. Some of the most common diseases spread by the housefly are typhoid, tuberculosis, food borne illness, and dysentery or diarrhea, all of which, if left untreated even for a short while, can cause death. Because of the way flies eat, they contaminate large amounts of our food

as they themselves eat. They drip their saliva so it stays on foods we consume as they fly away. This is how flies drop germs of dangerous diseases on our food. When we eat this food we may get infected. Flies gather germs from garbage and sewage, where they live and breed before they sit and chew on the same food we eat.

Mosquitos do not contaminate our food, but are biting pests that are common during warm season months. They generally are most populated in communities where there is standing water. Mosquitos spread viruses which can be deadly.

## Head Lice:

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Head lice do not spread disease by themselves, but they do bite the people who allow them to stay in their hair, making the scalp itchy. Scratching can lead to infection. Head lice are more common in children than adults, simply because kids love to share stuff and touch each other. Head lice do not have wings and do not fly or jump from person to person. Infestations most often occur where there are lots of people in one area. Like schools, camps or home where people share pillows, caps, coats, combs, hair brushes or shoulders to cry on and hug! Lice transfer requires head-to-head contact with a person who has head lice - school, at home, at the playground, at camp, at slumber parties, and during sports activities. Head lice may also be spread by sharing clothing items such as hats, scarves, coats, sports uniforms, helmets, hair ribbons, barrettes, towels, stuffed animals, pillows, and bedding--to name a few.

Having a head lice infestation in your home does not mean you have a dirty house or you are a family that is not clean. What it does mean is that the people with head lice had hair-to-hair contact with others with head lice or they shared something that had head lice. Head lice are fairly easy to get rid of - it is suggested that the non-chemical systems of removing the lice should be tried before chemicals. Picking out the nits (eggs) or visible lice is a must. Putting something in the hair that makes it more difficult for the nits to attach to the hair is often very effective and far less toxic for the infected child or adult. Even mayonnaise is found to be a good product to put in the hair to loosen the nits. Rub the hair with the mayonnaise and place a shower cap or other tight cover over the hair for the night. In the morning wash the hair and remove the nits. Many schools have policy for Head Lice Infestation and offer ideas for parents that are safe and healthy for children.





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# UNINVITED GUESTS

#### **OBJECTIVES:**

1. To discuss non-chemical, Integrated Pest Management (IPM) methods, for removal of pests.
2. To discuss the health concerns related to household pests.
3. To identify resources in the local community that might guide and assist families with the prevention and elimination of pests.

#### **PROCEDURE:**

1. Write objectives on the board.
2. Distribute Lesson 28 Talking Sheet: Uninvited Guests: Rodents, Cockroaches, Bedbugs, Insects, and Head Lice
3. Ask for a volunteer to open the session with a prayer, offer a prayer asking the Creator to give us strength in showing respect for ourselves and others by safely dealing with home pests in a respectful manner, or begin the session with a minute of silence.
4. Have participants take turns reading aloud the information on the Lesson 28 Talking Sheet.
5. Show the House fly and disease video listed as a resource to prompt thoughts and discussion.
6. Distribute PDF printed from the Head Lice resource list below and provide the local school policy.
7. Share community resources for pest control. Stress the need to get professional assistance if you cannot control infestations.
8. If there is a local IPM trained professional in the community, invite them to join you in the presentations.
9. Distribute and collect the Evaluation.

#### **RESOURCES FOR INSTRUCTION SUPPORT:**

1. Community Pest Control businesses or IPM trained person from the community such as with County Extension.
2. Community School Health Policy – Head Lice
3. Tribal Housing Authority
4. Environmental Protection Agency - [www.epa.gov/sites/production/files/2015-11/documents/ipm\\_in\\_buildings.pdf](http://www.epa.gov/sites/production/files/2015-11/documents/ipm_in_buildings.pdf)
5. VIDEO: [www.youtube.com/watch?v=XqTtyOX64s8](http://www.youtube.com/watch?v=XqTtyOX64s8) – 1.44 minutes – house flies and food
6. VIDEO: [www.youtube.com/watch?v=cm8UK4XZvaE](http://www.youtube.com/watch?v=cm8UK4XZvaE) – 15.36 minutes – house flies and disease
7. VIDEO: [www.youtube.com/watch?v=-zf7Uxfl0zE](http://www.youtube.com/watch?v=-zf7Uxfl0zE) – 2.13 minutes (best for all topics)
8. VIDEO: [www.youtube.com/watch?v=7wsk8a3ze80](http://www.youtube.com/watch?v=7wsk8a3ze80) – 7.31 minutes (viruses and mosquitos)
9. Healthy Home: Pest Control - [http://healthyhomepest.com/ABOUT\\_US.html](http://healthyhomepest.com/ABOUT_US.html) (seasonal guide)
10. Head Lice - <http://www liceguard.com/pages/lice-facts-overview-how-get-head-lice?utm>

#### **TIME:**

50 minutes





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# EVALUATION

*On a scale of 1 to 5, with 1 being least confident and 5 being most confident, please circle one per question.*

**Not Confident**

**Very Confident**

Please rate how confident you are in understanding the IPM System for pest removal or elimination

1                                  2                                  3                                  4                                  5

Please rate how confident you are about the new knowledge you received regarding health risks related to household pests like cockroaches, flies, mosquitos and mice

1                                  2                                  3                                  4                                  5

Please rate how comfortable you are in sharing with others the information relating to bedbugs and head lice, as not being connected to health risk

1                                  2                                  3                                  4                                  5

Please rate how confident you are in connecting to resources in your community, if you need assistance in eliminating household pests

1                                  2                                  3                                  4                                  5

***New things I learned or understand better because of the lesson***

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***Comments***

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