



Rodents Can Trigger Asthma

The pee and hair from rodents (including mice and rats) can make your asthma worse.

You can help control your asthma by keeping your house free of rodents.



Prevent rodents from getting in the house

- Find and plug up all the ways rodents can get in such as holes in screens, walls and doors.
- Remove outdoor rodent hiding and nesting places. Rats often like to hide in bushes, ivy and trash. Cut back bushes and remove trash from the yard.
- Remove outdoor things that attract rodents such as open garbage or compost storage, food, or pet waste.

See page 2 for more ways to keep rodents away

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Remove and clean things that attract rodents

- Keep food away from rodents so they are not attracted to the home.
- Keep garbage in closed containers.
- Remove rodent hiding places such as empty boxes, cans, bottles, bags, and newspapers.
- Clean up dishes after use or place them in soapy water.
- Clean up food spills and crumbs right away.
- Store food in sealed containers.



Work together to get rid of rodents

If you live in an apartment or row house, talk with your landlord, tenants group, and neighbors to work together to get rid of the rodents.



**For questions and resources, call 1 (833) 327-8462.
www.SouthSideKidsAsthma.org**