



Insect and Rodent Control: Keeping Them Out

Can insects and rodents affect your health?

Many types of bugs can live in or around your home. They might be ants, beetles, mosquitos, bed bugs, flies, or cockroaches. Some of these bugs can make you sick. They can bite you or leave germs on the food you eat.

Rodents (mice and rats) can also live in and around your home. You can get very sick from:

- touching rodent droppings (urine and feces)
- eating food or drinks contaminated by rodents
- breathing in dust contaminated by rodents



Vocabulary

- Rodents
- Contaminate
- Standing water
- Bait

How can you prevent insects and rodents from living in your home?

Follow these three ideas:

1. Seal up! Look around your home for any small holes or cracks. Bugs and rodents may use these to get inside your home. Seal them up with a mixture of steel wool and caulk. You can find these materials at your local hardware or home repair store. Check for holes in your window screens and sew or tape any holes shut.



2. Clean up! It is important to keep your home clean. A clean home does not attract bugs or rodents. Here are some tips:

- Keep your food in sealed containers or in the refrigerator.
- Wash dishes at least once a day.
- Take out the garbage every day. Keep it in a bin with a closed lid.
- Keep grilling areas and outdoor picnic tables clean. Make sure there is no standing water in or outside your home. Mosquitos lay their eggs in small, still pools of water.



3. Bait and Trap! You can use traps, bait, or poison to kill insects or rodents to get them out. Traps, baits, and poison are dangerous. Follow these safety tips:

- Follow all directions that come with the trap, bait, or poison.
- Make sure that children and pets are not around poison.
- Always keep poison in the container it came in. Do not reuse the container for anything else.
- Keep traps, poison, and bait in a locked cabinet where children and pets cannot reach them.

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How can you safely clean up rodent droppings?

You may find droppings from rodents in your home. They may be on your floors, inside cabinets, or on your counters. It is important to clean up droppings in a safe way. Use bleach to kill the germs in rodent droppings. Follow these steps:

1. Put on gloves that are made of rubber, latex, or nylon.
2. Mix 1 part bleach with 10 parts water and put it in a spray bottle. This means that if you use 1 cup of bleach, you must add 10 cups of water to it.
3. Spray the bleach and water mixture onto the urine and droppings and let it soak for 5 minutes.
4. Wipe it up with a paper towel and throw it in the trash outside.
5. Spray the area again with bleach and clean it up with a mop or towel. Wash your hands afterwards!

Vocabulary & Definitions

| | |
|------------------------|--|
| Rodent: | Many small animals such as squirrels, chipmunks, and raccoons are in the rodent group. For this lesson “rodent” refers to mice and rats. |
| Contaminate: | To make harmful with germs, poisons, or other toxic substances. For example, a fly can carry germs from an animal barn to your food. |
| Standing water: | Any amount of water that does not move. It might be water that collects in buckets, old tires, or plant pots. |
| Bait: | Something that tricks insects or rodents into eating poison. |

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Lesson Plan

| Materials needed | Handouts | Estimated time |
|---|---|---|
| <ul style="list-style-type: none"> • Dry erase board and dry erase markers • Pencils | <ul style="list-style-type: none"> • “Insect and Rodent Control: Keeping Them Out” Lesson • Skills Practice Worksheet • “Listening Activity” • Pre-Post Assessment • Answer Key | 1 hour |
| <p>NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and assessments.</p> | | |
| Elements | Activities | Notes |
| Preparation | <ul style="list-style-type: none"> • Introduce the topic Time: 5 minutes • Conduct the Pre-Assessment Time: 5 minutes • Introduce the new vocabulary Time: 5 minutes | <ol style="list-style-type: none"> 1. Do you think insects and rodents can make you sick? How? 2. What are some ways you can prevent insects and rodents from making you sick? 3. How do you think you can prevent rodents and insects from coming into your house? <ul style="list-style-type: none"> • Distribute Pre-Assessment, and ask them to turn it in when it is complete. • Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions. Use “Insect and Rodent Control: Keeping them Out” lesson. |
| Instructions | <ul style="list-style-type: none"> • Read the lesson on “Insect and Rodent Control: Keeping them Out” Time: 10 minutes • Identify the vocabulary words in the lesson Time: 5 minutes • Distribute and review the Skills Practice Worksheet with the students and ask them to complete it. Use the Answer Key sheet to verify the correct answers. Time: 25 minutes | <ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Activity 1: Students have 10 minutes to complete this activity. • Activity 2: Students have 10 minutes to complete this activity. • Activity 3: Students have 5 minutes to complete this activity. |
| Concept Check | <ul style="list-style-type: none"> • Conduct Post-Assessment Time: 5 minutes | <ul style="list-style-type: none"> • Students complete Post-Assessment. |



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Skills Practice Worksheet

Name: _____

Date: _____

Activity 1: Cleaning Up

Put the steps for cleaning up rodent droppings in the right order. Number the statements from 1 to 5.

- _____ Spray the bleach and water mix onto the urine and droppings and let it soak for 5 minutes.
- _____ Put on gloves made of rubber, latex, or nylon.
- _____ Spray the area with bleach again and clean it up with a mop or towel. Wash your hands after!
- _____ Wipe it up with a paper towel and throw it in the trash outside.
- _____ Mix 1 part bleach with 10 parts water and put it in a spray bottle.

Activity 2: Protecting My Home from Insects and Rodents

Check all the boxes next to what you should do to keep away insects and rodents.

- Keep your food in sealed containers or in the refrigerator.
- Seal up holes and cracks inside your home.
- Hang up pictures of big cats to scare away mice and rats.
- Take the trash out every day.
- Leave small pools of water around your yard for thirsty animals.

Activity 3: Listening

Listen to your teacher's instructions carefully and mark the correct answer.

| Statement | True | False |
|-----------|-----------------------|-----------------------|
| 1 | <input type="radio"/> | <input type="radio"/> |
| 2 | <input type="radio"/> | <input type="radio"/> |
| 3 | <input type="radio"/> | <input type="radio"/> |
| 4 | <input type="radio"/> | <input type="radio"/> |
| 5 | <input type="radio"/> | <input type="radio"/> |

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Listening Activity

Listening Activity

Purpose: To practice listening comprehension

Time: 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. State that you are going to read five different sentences twice.
3. Let them know that after you finish reading the sentence for the second time, they need to fill in the blank.
4. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

True or False?

| Statement | True | False |
|--|------|-------|
| 1. If you leave food on the table all afternoon, it can attract flies and other insects. | ✓ | |
| 2. It is a good idea to check for holes in your window screens and seal them up if you find any. | ✓ | |
| 3. It is okay to put rodent poison into a different container than it came in. | | ✓ |
| 4. You should wash your hands after cleaning up droppings so you can stay healthy. | ✓ | |
| 5. You should take the trash out of your house no more than one time per week. | | ✓ |

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Answer Key

Activity 1: Cleaning Up

Put the steps for cleaning up rodent droppings in the right order. Number the statements from 1 to 5.

- 3 Spray the bleach and water mix onto the urine and droppings and let it soak for 5 minutes.
- 1 Put on gloves made of rubber, latex, or nylon.
- 5 Spray the area with bleach again and clean it up with a mop or towel. Wash your hands after!
- 4 Wipe it up with a paper towel and throw it in the trash outside.
- 2 Mix 1 part bleach with 10 parts water and put it in a spray bottle.

Activity 2: Protecting My Home from Insects and Rodents

Check all the boxes next to what you should do to keep away insects and rodents.

- Keep your food in sealed containers or in the refrigerator.
- Seal up holes and cracks inside your home.
- Hang up pictures of big cats to scare away mice and rats.
- Take the trash out every day.
- Leave small pools of water around your yard for thirsty animals.

Activity 3: Listening

Listen to your teacher's instructions carefully and mark the correct answer.

| Statement | True | False |
|-----------|------|-------|
| 1 | ✓ | |
| 2 | ✓ | |
| 3 | | ✓ |
| 4 | ✓ | |
| 5 | | ✓ |



Insect and Rodent Control:
Keeping Them Out
Pre-Assessment

Date: _____

Name: _____

1. Can insects and rodents make you sick?

Yes

No

2. Which of the following is a good way to keep insects and rodents out of your home?

a. wash dishes everyday

b. seal up holes and cracks

c. get rid of standing water

d. all of the above

3. What should you use to clean up rodent droppings?

soap and
water

bleach

4. *Contaminated* food is filled with germs, poisons, or other toxic substances.

True

False

5. Are the traps, bait and poison used to kill insects and rodents dangerous to humans?

Yes

No

Circle the correct answer.

Total Correct: _____



Insect and Rodent Control:
Keeping Them Out!
Post-Assessment

Date: _____

Name: _____

Circle the correct answer.

1. Can insects and rodents make you sick?

Yes

No

2. Which of the following is a good way to keep insects and rodents out of your home?

a. wash dishes everyday

b. seal up holes and cracks

c. get rid of standing water

d. all of the above

3. What should you use to clean up rodent droppings?

soap and
water

bleach

4. *Contaminated* food is filled with germs, poisons, or other toxic substances.

True

False

5. Are the traps, bait and poison used to kill insects and rodents dangerous to humans?

Yes

No

6. How can you make sure that children or pets in your home are not hurt by traps, baits or poison? _____

Total Correct: _____