

KEEPING

FLEAS

OFF YOUR PETS AND OUT OF YOUR YARD



The flea most commonly found in and around the home is the cat flea, *Ctenocephalides felis*. Despite its name, the cat flea finds dogs and humans quite tasty too. Flea bites cause irritation, but also serious allergies in some animals and humans.

DETECTION

Adult fleas spend almost all of their time on an animal's body. In order to know when to begin and end your flea-control efforts, use a specially manufactured flea comb on your pet to keep track of the flea population.

Look for tiny eggs and tiny, white, worm-like flea larvae on the floor, in rugs, in cracks and crevices, and anywhere pets rest or sleep. Larvae feed on dried blood excreted by adult fleas.

Fleas traps can be useful if you don't own a pet but still have fleas; wild animals nesting near your home may be the source.

LESS-TOXIC CONTROLS

INSIDE YOUR HOME

- **Comb your pet** with a metal flea comb, available at pet stores. Focus around the neck and base of the tail. Keep a wide container of soapy water nearby to drown captured fleas.
- **Bathe dogs** to drown fleas. Use a dog shampoo and increase effectiveness by using a flea comb while the pet is lathered. It is not necessary to use shampoo with insecticide.
- **Vacuum carpets, floors, and upholstered furniture frequently** throughout the year. Vacuuming carpets picks up adult and egg-stage fleas, but is less effective at removing larvae. Clean cracks and crevices; or better still, seal permanently with caulk. Try gently vacuuming your animal's coat to remove adult fleas.
- **Use diatomaceous earth (DE)** to treat carpets, upholstered furniture, and pet bedding or apply in cracks and crevices. Use a hand duster to apply a fine layer of DE. Wear a dust mask and goggles and avoid getting dust in your pet's eyes. DE has little toxicity to humans and pets, but kills fleas by absorbing the waxy coating on their bodies, causing dehydration and death.
- **Use borate-based carpet treatments.** Borates have a low toxicity to humans and pets. Borate-based carpet treatments can control fleas in carpeting for up to a year. Dry powder applied directly to the carpet can be messy and

dusty, and can present a hazard if enough is inhaled. A product that can be mixed with water in a rug shampooing machine is safer. During shampooing, borate binds to carpet fibers and cannot be vacuumed up. Borate applied in water poses less hazard to the lungs than borate applied as a dust.

- **Flea traps** attract adult fleas to the warmth and light of an electric bulb and the fleas are caught on sticky paper. Traps will work better in areas where you can exclude animals and humans. Flea traps are also good for monitoring flea activity.

OUTSIDE YOUR HOME

- **Treat outside only where you have found high flea populations.** To find these areas, walk around the yard in a pair of white socks. Check areas where animals rest, sleep, or regularly travel. You will easily see fleas that jump onto the socks.
- **Do not try to combat fleas by spraying around the perimeter of your house or spraying your entire yard.** Spot-treat only those areas where you find large populations of fleas. Fleas will more likely be on an animal or inside your home. Concentrate your efforts there.
- **Check for wild animals** like raccoons and opossums nesting under the house or porch. Dead animals can also be the source of a flea infestation. Treat nests under the house with diatomaceous earth.



- Use **beneficial nematodes** in soil where you have found fleas. Be sure to water the area before and after application. For sources of nematodes, see the Products and Resources box.

FOR YOUR ANIMAL

- **Ultrasonic collars and machines are not effective.** There is no scientific evidence that these products affect fleas, and they are not recommended.
- **Fipronil (Frontline®) and imidacloprid (Advantage®)** are applied to the skin of the animal in a small amount at one spot, usually at the base of the neck or between the shoulder blades. The insecticide spreads over the entire body of the pet and is effective for at least a month. These products have a low acute toxicity for mammals but can be irritating to eyes and should not be ingested. Use gloves when applying them.
- **Lufenuron (Program®)** is given orally to the animal. Fleas that ingest this chemical produce only a few viable eggs, and larvae from those eggs cannot mature. Because lufenuron accumulates in fat and crosses the placental barrier, do not treat pregnant, nursing, or very young animals.
- **Insect growth regulators (IGRs)** such as methoprene (Precor) and pyriproxyfen (Nylar) do not kill adult fleas, but break the flea reproduction

cycle by preventing flea larvae from turning into adults. IGRs are sold in a variety of applications including spot-on formulations and tablets for your animal. Some products combine IGRs with other pesticides. In general, products containing just IGRs pose the fewest risks. IGRs have low toxicity to mammals, but are toxic to some aquatic organisms; therefore, it's best to limit the use of IGRs to indoor applications where the product won't go down an indoor drain.

PREVENTION

- **Restrict pets to a regular sleeping space** so you can focus cleaning efforts on fewer areas.
- **Use washable pet bedding** that can be gathered up easily by the four corners and laundered frequently. Soapy water destroys all flea stages.
- **For highly allergic people:** Protect yourself by wearing a long-sleeved shirt and long pants tucked into socks. If the weather is hot, just a pair of long white socks will offer some protection. Pick off fleas and drop them into soapy water. Apply insect repellents to shoes and clothing rather than to skin.
- **Keep wild animals and rodents away from the house.** Patch holes or cover them with screen (1/4" hardware cloth) to prevent animals from getting in.

PRODUCTS AND RESOURCES

Examples of trade names of products listed in this fact sheet:

Insecticidal Dusts: Grow More® Diatomaceous Earth

Hand Duster: Pest Pistol® (If unavailable locally, call (888) 784-1722 to order)

Borate-based Carpet Treatment for use in rug shampooing machines: Ecology Works® Dust Mite and Flea Control (If unavailable locally, call (415)-459-4003 to order.)

Borate-based Carpet Treatment for dry application: Natural Magic Eliminates Fleas®, M-7® for Fleas

Flea Trap: Victor® and Bugs-Away® Flea Traps (available online)

Insect Growth Regulators (IGRs): Hartz Flea Control Capsules for Dogs, Hartz Control One Spot for Cats and Kittens, Zodiac Fleatrol® Spot-on for Cats

On Your Animal (available from vets): Frontline® (Fipronil), Advantage® (Imidacloprid)

Ingested by Your Animal (available from vets): Program® (Lufenuron)

Beneficial Nematodes: *Steinernema carpocapse*. Available from Rincon Vitova, P.O. 1555, Ventura, CA 93002; (805) 643-6267, Orcon® Beneficial Nematodes

PESTICIDES AND THE ENVIRONMENT

Pesticides are designed to kill or repel undesired pests. However, many will also harm beneficial insects, birds, aquatic life, reptiles, pets, and even humans. Pesticides can potentially cause a wide variety of health effects in humans, and children face relatively higher risks from pesticide exposure than do adults exposed at the same levels. Recent research shows that common household pesticides show up in treated wastewater and wash off lawns and gardens. These pesticides end up contaminating bodies of water, including the Santa Monica Bay. This fact sheet is part of a series of information pieces aimed at educating Santa Monica area residents about less-toxic pest management techniques.

Pest control strategies and methods described in this publication are consistent with integrated pest management (IPM) concepts, and are based on scientific studies and tests in actual home and garden settings. Use suggested products according to label directions and dispose of unwanted or leftover pesticides at a household hazardous waste collection facility or event. No endorsement of specific brand name products is intended, nor is criticism implied of similar products that are not mentioned.

FOR MORE INFORMATION

Bio-Integral Resource Center (BIRC)
(510) 524-2567

Santa Monica Environmental Programs Division
458-2255

www.santa-monica.org/environment

Free Disposal of Hazardous Products
Santa Monica residents only
Household Hazardous Waste Center
458-2113

L.A. County residents
1-888-CLEAN-LA

Fire ant infestations
1-888-434-7326

University of California IPM website
www.ipm.ucdavis.edu

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Choose less-toxic products for your home and garden.