



JP McHale Pest Management's

**WINTER PEST**

# *Survival Guide*

Your Essential Guide  
to Winter Pest Risks



**JPMcHale**  
Pest Management, LLC  
AN ANTICIMEX COMPANY



## A message from Jim McHale

Dear Valued Client,

We're excited to present our new **JP McHale Pest Management's Winter Pest Survival Guide** — an invaluable resource to help you tackle the unique pest challenges that arise during the season. As winter unfolds, clients may face hidden pest threats associated with cold temperatures, leftover food sources, stored holiday decorations, and warm indoor spaces. These conditions create a welcoming environment for rodents and insects to invade and settle in.

This guide will equip you with the knowledge and strategies needed to manage and prevent pest issues throughout the winter months.

### WHAT'S INSIDE THE WINTER PEST SURVIVAL GUIDE?

- **Comprehensive insights into common winter pests**
- **Prevention strategies for safeguarding your home**
- **Tips for identifying signs of infestations**
- **Effective treatment options to address pest issues**
- **Seasonal maintenance checklists to minimize risks**

As always, our dedicated JP McHale team is here to address any pest-related concerns you may have so you can enjoy a peaceful, pest-free winter. Our commitment to providing you with strategic, proactive service; innovative digital pest control technology; and the most effective integrated pest management strategies remains our top priority.

***Thank you for choosing us to protect your home and business. We sincerely appreciate your trust and partnership.***

Sincerely,

**Jim McHale, CEO**

# WINTER PEST Survival Guide:

## **The Hidden Health Risks of Post-Holiday Pests: A Homeowner's Winter Guide**

During the winter season, pests can present significant health risks beyond being a nuisance. They are carriers of bacteria, allergens, and pathogens that can jeopardize your family's health and well-being.

Although it may seem like pests disappear with the onset of colder weather and the first snowfall, winter is actually their peak season indoors. The combination of warmth, increased food waste, stored holiday decorations that offer hiding places, and fresh holiday trees left curbside, which may harbor thousands of insects, creates an ideal environment for pest activity. This heightened risk is further exacerbated by the influx of guests, which increases the likelihood of pest introductions and potential infestations.

To protect your home and loved ones, it's essential to remain vigilant during this season and take the necessary preventive measures to keep pests at bay and ensure a healthy, comfortable living environment.

# CONDITIONS THAT HEIGHTEN PEST ACTIVITY AND HEALTH RISKS

FACTOR	IMPACT
	<b>COLD TEMPERATURES</b> Indoor pests increase exposure to allergens, droppings, and bacteria, leading to asthma, illness, and poor air quality.
	<b>COOKING AND FOOD STORAGE</b> Rodents, cockroaches, and pantry pests contaminate food with harmful bacteria (e.g., <i>Salmonella</i> and <i>E. coli</i> ), increasing the risk of foodborne illness during meals.
	<b>STORED DECORATIONS AND LIVE TREES</b> Boxes and stored greenery can harbor mites, beetles, and spiders, triggering allergy flare-ups and contaminating communal surfaces.
	<b>FIREWOOD AND WARMTH SOURCES</b> Moisture-loving pests like termites and spiders can pose structural risks and deliver venomous bites in family gathering areas.
	<b>OPEN DOORS AND FREQUENT GUESTS</b> Winter often leads to extended stays, visitors, and travel-related clutter that lingers even after the holidays. This increase in door traffic provides opportunities for pests, such as rodents, flies, and hitchhiking pests like bed bugs, to enter your home.

# WHAT THIS *Survival Guide* COVERS

- ✓ The top winter pests and their health risks
- ✓ Reasons for increased pest activity after the holidays
- ✓ High-risk hot spots within the home
- ✓ Initial signs of pest activity
- ✓ Actionable steps to safeguard your family and guests
- ✓ How JP McHale protects your home during the winter season



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# TOP *Winter* PESTS

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How to **Keep Them Out**  
of Your Home And Business

# RODENTS (MICE & RATS)



## WHY RODENTS SURGE DURING THE WINTER:

Rodents are among the most common winter intruders. They can squeeze through gaps as small as a dime and quickly take refuge in attics, walls, and garages. Warm kitchens and baking goods make homes particularly inviting during this season, leading to food contamination, chewing on wires (a significant fire hazard), and rapid reproduction.



### HEALTH RISKS:

Rodents can spread serious illnesses such as hantavirus, salmonellosis, and leptospirosis through their droppings, urine, and saliva. They also carry allergens that can cause sneezing, itching, and asthma attacks.



### WINTER HOTSPOTS:

- Attics and crawl spaces
- Behind walls and appliances
- Basements and storage rooms
- Garages and utility spaces



### SIGNS OF ACTIVITY:

- Tiny droppings near food areas
- Chew marks on packaging or wires
- Scratching noises behind walls
- Shredded fabric, insulation, or paper



### PREVENTION TIPS:

- Store baking ingredients in sealed containers.
- Keep decorations in sealed bins (avoid cardboard).
- Wipe counters promptly after baking.
- Seal exterior cracks and openings.

## JP McHale Pest Management Solution:

Our **SMART Digital Rodent Control** provides round-the-clock monitoring. Strategically installed sensors in basements, crawl spaces, and key access points throughout your home ensure you receive immediate alerts for any pest activity. When activity is detected, we respond promptly to keep your home pest-free.

# WILDLIFE INTRUDERS

(RACCOONS, CHIPMUNKS, SQUIRRELS, etc.)



## WHY WILDLIFE SURGES DURING WINTER:

As temperatures drop, raccoons and squirrels search for warm, protected places to nest, often taking refuge in attics, chimneys, or crawl spaces. After the holidays, the enticing scents of leftovers and festive meals, overflowing garbage, and the warmth from lights and fireplaces draw them into homes, where they nest for the winter, causing significant damage by chewing wires, tearing insulation, and contaminating surfaces.

### HEALTH RISKS:



Wildlife entering your home can introduce several health concerns. Raccoons, chipmunks, and squirrels may spread illnesses such as leptospirosis and giardiasis through their urine and feces. Both species can also carry ticks that transmit diseases. Raccoons carry additional risks, including rabies and *Baylisascaris procyonis* (raccoon roundworm), a parasite harmful to humans.



### WINTER HOTSPOTS:

- Attics and chimneys
- Garages and crawl spaces
- Rooflines, vents, and soffits
- Garbage bins after holiday meals



### SIGNS OF ACTIVITY:

- Scratching or scurrying noises overhead, especially at night
- Damage to roofing, vents, or insulation
- Tipped-over garbage cans or torn trash bags
- Tracks, droppings, or strong odors near entry points



### PREVENTION TIPS:

- Keep garbage bins tightly sealed, particularly after parties and large meals.
- Store firewood at least 20 feet away from the home to prevent access to the roof.
- Install chimney caps and vent covers.
- Trim tree branches that touch or hang over the roof.
- Regularly inspect attics and rooflines for signs of damage or potential entry points.

## JP McHale Pest Management Solution:

Our [Home Shield Exclusion System](#) is the most effective way to keep wildlife away from your home. This science-backed, all-natural solution seals your home from top to bottom, providing comprehensive protection against wildlife intruders.

# COCKROACHES



## WHY COCKROACHES SURGE DURING THE WINTER:

Cockroaches, known to spread bacteria and trigger asthma symptoms, thrive in warm indoor environments, making kitchens particularly appealing. The aromas of winter comfort foods and casseroles, simmering sauces, and the abundance of festive leftovers provide these pests with ample food sources, increasing their likelihood of infestation.



### HEALTH RISKS:

Cockroaches pose significant health threats, especially in homes with children or individuals with allergies. Their droppings, saliva, and shed body parts can trigger allergic reactions and asthma symptoms. Additionally, their capacity to contaminate food and surfaces exposes families to harmful bacteria and pathogens.



### WINTER HOTSPOTS:

- Kitchens and pantries
- Under sinks and near appliances
- Boiler rooms and laundry areas
- Around drains and baseboards



### SIGNS OF ACTIVITY:

- Live or dead roaches
- Droppings that appear as small dark specks, similar to coffee grounds or black pepper
- Brown, oval-shaped casings or light shed skins near hiding spots
- Musty, oily odor or dark smear marks



### PREVENTION TIPS:

- Empty garbage regularly, especially during busy cooking days.
- Fix any leaks to eliminate moisture, which attracts cockroaches.
- Do not leave dirty dishes overnight after hosting gatherings.

## JP McHale Pest Management Solution:

We offer customized [Cockroach Treatment](#) plans tailored to your home's specific risks and needs. Our expert technicians identify the source of the infestation and employ advanced, targeted methods to eliminate roaches and prevent their return.

# SPIDERS



## WHY SPIDERS SURGE DURING THE WINTER:

As temperatures drop, spiders seek warmth and often find their way indoors in search of shelter. In December/January, they can hitch a ride on holiday decorations, fresh-cut trees, wreaths, and garlands. During the post-holiday rush to pack everything away, it's easy to harbor these pests inadvertently. Once inside, spiders may spin webs in cozy corners of basements or other sheltered areas, serving as indicators of hidden pest activity. Their presence suggests that other pests may be nearby, which could serve as a food source for them.



### HEALTH RISKS:

Most encounters with spiders are harmless, but bites can cause mild allergic reactions such as redness or swelling. However, venomous species like black widows and brown recluse spiders can cause severe pain, muscle cramps, nausea, and tissue damage, requiring immediate medical attention.



### WINTER HOTSPOTS:

- Corners of rooms and ceilings
- Stored holiday decorations, ornaments and lights
- Basements, attics, and garages



### SIGNS OF ACTIVITY:

- Frequently seeing spiders indoors, especially in corners or basements.
- Cobwebs in corners, ceilings, windows, or unused areas
- Small, round, silk-covered sacs attached to webs or hidden in cracks
- More spiders often means more insects nearby, which attract them



### PREVENTION TIPS:

- Live trees, wreaths, and garlands may still contain spiders, beetles, mites, or eggs, allow greenery to dry out, then dispose of it promptly.
- Wipe down and inspect stored decorations.
- Vacuum storage areas before and after packing everything away.
- Vacuum corners and cobwebs regularly.
- Keep areas clutter-free to reduce potential hiding spots.

## JP McHale Pest Management Solution:

We provide effective [Spider Control Solutions](#) designed to keep your home pest-free. Our experts will identify entry points, eliminate existing infestations, and implement long-term prevention strategies to deter spiders from returning.

# PANTRY PESTS



## WHY PANTRY PESTS SURGE DURING THE WINTER:

After the holiday party season ends, many people tend to spend more time at home, indulging in comforting recipes, baking, and entertaining friends. Unfortunately, a well-stocked pantry can become a hot spot for pantry pests like moths and beetles. These insects can quickly infest dry goods such as flour, sugar, grains, and nuts, leading to infestations and compromising your food supplies.



### HEALTH RISKS:

While pantry pests typically do not spread disease, they can contaminate food with their droppings, shed body parts, and secretions. This contamination may lead to spoilage and, in some cases, introduce microbes that could cause stomach discomfort or foodborne illnesses if consumed.



### WINTER HOTSPOTS:

- Pantries and baking shelves
- Open bags of flour, cereal, or pet food
- Stored bulk ingredients



### SIGNS OF ACTIVITY:

- Crawling or flying around stored food
- Holes or chew marks in boxes, bags, or wrappers
- Webbing or clumps in food
- Larvae in food



### PREVENTION TIPS:

- Use airtight containers for storing dry ingredients.
- Inspect packages for damage before use.
- Regularly clean cabinets and shelves.

## JP McHale Pest Management Solution:

We offer expert **Stored Product Pest Protection** for pantry pests that contaminate food and grain products. Our specialists conduct comprehensive inspections to identify infestation sources, using advanced detection methods like pheromone lures. Once identified, we remove or treat infested items to eliminate all stages of the infestation and safeguard your home against future outbreaks.



# WINTER PEST Prevention Checklist



## **Exclusion**

- Install door sweeps and weather stripping
- Seal gaps around pipes, vents, and wiring
- Repair cracks in siding or masonry



## **Sanitation and Food Safety Storage**

- Store food and baking ingredients in airtight containers
- Keep trash containers sealed and emptied regularly
- Remove live greenery promptly
- Store decorations in plastic bins (not cardboard)
- Keep living areas decluttered to reduce hiding spots



## **Moisture Control**

- Fix leaks and improve ventilation
- Use dehumidifiers in the basement and crawl spaces



## **Inspection**

- Check attics, basements, and pantries frequently
- Monitor for droppings, gnaw marks, or webbing
- Schedule a professional inspection at the first sign of activity



## Protect Your Health All Winter Long

Winter is a season when pests move closer to people, increasing the likelihood of significant health risks.

With JP McHale's **HomeShield Exclusion System** and **SMART Digital Rodent Control**, our experts provide proactive, round-the-clock protection to ensure your home remains pest-free throughout the holiday and winter season, into the spring, and all year long.

**Call JP McHale Pest Management to schedule your winter inspection today!**



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