



Where We Conquer Pests

The Jamaican Homeowner's Pest Prevention Checklist

The complete guide to keeping pests out of your home — year-round. Based on 15+ years of pest control work across Jamaica.

WHAT'S INSIDE

- ✓ Weekly walk-around routine
- ✓ Season-by-season calendar
- ✓ Entry-point audit
- ✓ Kitchen storage rules
- ✓ Monthly maintenance checks
- ✓ 23 pest hiding spots
- ✓ Standing-water hit list
- ✓ When to DIY vs. call

Sim T's Pest Control & Fumigation

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The **Weekly** 15-Minute Walk-Around

Every Saturday morning. Walk the property with these 10 things in mind — stop problems before they start.

Outside the Home

- ☐ **Dump standing water** — plant pot saucers, buckets, children's toys, tarps, clogged gutters
- ☐ **Check pet bowls** — change water daily, scrub weekly
- ☐ **Trim vegetation** at least 60cm back from the house walls
- ☐ **Pick up fallen fruit** — guavas, mangos attract ants, rodents, flies
- ☐ **Inspect dumpster/trash area** — bags sealed, lids closed, no leaks

Inside the Home

- ☐ **Wipe down kitchen counters** — including under appliances, behind the stove, the microwave tray
- ☐ **Take out trash** — tie bags, don't leave overnight
- ☐ **Check under sinks** for water leaks (the #1 roach magnet)
- ☐ **Vacuum crumbs** from floors, inside cupboards, around pet food area
- ☐ **Store food in sealed containers** — including pet food, cereals, flour, rice

The **Monthly** Maintenance Check

Deeper check once a month — these are the fixes that prevent 80% of pest problems from ever starting.

- ☐ **Check door sweeps** on every exterior door — replace any with gaps you can see light through
- ☐ **Check window and door screens** — patch or replace any tears, even small ones
- ☐ **Seal gaps around pipes** under sinks and where utilities enter the house (steel wool + sealant)
- ☐ **Clean the fridge coils** at the back — crumbs and dust collect here, and roaches love it
- ☐ **Empty and clean the pantry** — check for weevils in flour, rice, cereals
- ☐ **Inspect roof and gutters** — clear leaves, check for standing water, look for rodent entry points

- ☐ **Walk the foundation perimeter** — look for mud tubes (termites), gnaw holes (rodents), ant trails
- ☐ **Clean dumpster/bin area** — pressure wash or scrub, treat for flies if needed
- ☐ **Check seldom-used rooms** (guest rooms, storage) for signs of pests
- ☐ **Rotate stored items** on shelves — pests love undisturbed harbourage

Pro tip: Keep this checklist on the fridge. 15 minutes a week + 1 hour a month saves you thousands in treatment costs and sleepless nights.



The Seasonal Pest Calendar

Jamaica's pest activity follows the seasons. Know what's coming next, prevent instead of react.

RODENT PEAK

Jan–Feb

- Rats/mice indoors seeking shelter
- Seal exterior entry points
- Scratching in roof at night = act fast

TERMITE SWARMS BEGIN

Mar–Apr

- Winged "ants" near lights after rain
- Check for mud tubes on foundation
- Book inspection on any sign

ANT INVASION

May–Jun

- Trails into kitchen
- Use bait, never spray on trails
- Seal entry points at outlets

MOSQUITO/DENGUE SEASON

Jun–Nov

- Weekly standing-water walk
- Larvicide in water you can't drain
- DEET or picaridin at dusk

COCKROACH PEAK

Jul–Aug

- Fix every water leak immediately
- Day-time sightings = call pro
- Pantry sealed, nightly trash takeout

HURRICANE PREP

Aug–Oct

- Post-storm perimeter walk
- Drain pooled water within 24h
- Repair screens before they flood

STORED-PRODUCT PESTS

Nov–Dec

- Weevils in holiday baking supplies
- Sealed containers only
- Freeze suspicious flour/rice 72h

YEAR-ROUND BASICS

Jan–Dec

- Weekly 15-min walk-around
- Monthly entry-point check
- Fix water leaks within 24h

The 23 Hiding Spots Most Jamaicans Miss

Pests live where you don't look. These are the top 23 harbourage sites in Jamaican homes.

- | | |
|---|---|
| ☐ Under the fridge motor compartment | ☐ Under the kitchen sink cabinet |
| ☐ Behind the stove, against the wall | ☐ Behind the washing machine |
| ☐ Inside the dishwasher insulation | ☐ Inside the AC condenser tray |

- ☐ Clogged rain gutters
- ☐ Under flowerpots and planters
- ☐ Inside PVC pipe end-caps
- ☐ Under tarps and plastic sheeting
- ☐ Inside outdoor toys (slides, buckets)
- ☐ Water meter boxes
- ☐ Hollow tree stumps
- ☐ Underside of patio furniture
- ☐ Dense shrubs by the house wall
- ☐ Behind outdoor electrical boxes
- ☐ Inside carport beams/soffits
- ☐ Attic insulation layers
- ☐ Behind baseboards in storage rooms
- ☐ Inside empty paint cans in sheds
- ☐ Under outdoor stair treads
- ☐ Between stacked firewood/lumber
- ☐ Inside unused barbecues



The Entry-Point Audit

Close these gaps and most pests never get in. Do this once, enjoy it for years.

Doors

- ☐ **Door sweeps installed** on every exterior door — no light visible under the door when closed
- ☐ **Weather stripping intact** around door frames
- ☐ **Threshold not warped or cracked**
- ☐ **Pet doors sealed when not in use**

Windows

- ☐ **Every screen in good repair** — no tears, even tiny ones
- ☐ **Window frames seal properly** when closed
- ☐ **Screen frames fit tightly**, no gaps around edges

Pipes & Utilities

- ☐ **Gaps around pipes sealed** with steel wool + sealant (rodents chew through foam alone)
- ☐ **Dryer vent cover intact**, flap works properly
- ☐ **AC line entry points sealed**
- ☐ **Cable/internet entry sealed**

Structural

- ☐ **Soffits intact**, no gaps where roof meets wall
- ☐ **Attic vents screened** with hardware cloth (not just mosquito screen)
- ☐ **Foundation cracks sealed**
- ☐ **Garage door seal in good condition**

When to **DIY** vs. When to **Call**

Handle Yourself

- ☐ Occasional ant trail — bait, don't spray
- ☐ One or two mice — snap traps + seal entry
- ☐ Yard mosquito prevention — standing-water patrol
- ☐ Pantry weevils — toss contaminated food, clean, re-stock in sealed containers

Call Sim T's

- ☐ **Any sign of termites** — mud tubes, swarmers, frass, hollow wood
- ☐ **Rodents returning** after you thought you'd solved it
- ☐ **Cockroaches during the day** (sign of heavy infestation)
- ☐ **Dengue cases in your community** — professional yard treatment
- ☐ **Business/commercial property** — documentation matters
- ☐ **Multi-unit building** — needs coordinated treatment
- ☐ **You've tried DIY twice and still have the problem**



Stick This on the **Fridge**

Cut out this card and keep it handy. When you need pest control, you'll know who to call.



WHERE WE CONQUER PESTS

SIM T's Pest Control

Family-owned · Pest Control Authority trained · Since 2010

📞 CALL

876-770-3752

💬 WHATSAPP

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✉️ EMAIL

admin@simtspestcontrol.com

🌐 WEBSITE

simtspestcontrol.com

Already Have a Pest Problem?

Get a free quote in 60 seconds. Response within 1 business hour.

📞 **876-770-3752**

💬 **WhatsApp 876-770-3752**

Services We Handle Across Jamaica

🪲 Termite Control & Prevention

🦟 Mosquito & Yard Treatment

🐜 Ant Control

🐭 Rodent Control (Rats & Mice)

🪳 Cockroach Elimination

📦 Fumigation (Stored Food Pest)

Serving All 13 Parishes

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This checklist is yours to keep, print, share with family, or forward to friends. If it helps one person prevent a pest problem, we're happy.

— Mrs. Simone Thomas & the Sim T's team