

Silverfish (very common in UK houses)

Why they there

- Love damp, dark places (bathrooms, kitchens, lofts)
- Feed on paper, glue, starch, dust

Best way to control silverfish

Moisture control is #1 — nothing works long-term without this.

Do this first

- Use a dehumidifier (aim for <50% humidity)
- Improve ventilation (especially bathrooms & kitchens)
- Fix leaks (even tiny ones under sinks)

Then add control measures

- Diatomaceous Earth (food-grade)
Sprinkle lightly along skirting boards, behind toilets, under sinks
→ Very effective and safe when dry
- Silverfish bait traps (Rentokil / Zero In / HG brands – easy to find in UK)
- Seal cracks around:
 - Skirting boards
 - Pipe entries
 - Tiles

Avoid foggers - they don't reach where silverfish hide.

Beetles (UK homes usually get *carpet beetles* or *pantry beetles*)

Identify first (important!)

- Tiny brown/black beetles + damaged carpets/clothes - Carpet beetles
- Small beetles in cupboards/flour/rice - Pantry beetles

Carpet Beetles – Best Control

The larvae cause damage, not the adults

Best approach

1. Deep vacuum
 - Edges of carpets
 - Under furniture
 - Skirting boards(Dispose of vacuum bag immediately)
2. Wash affected fabrics at 60°C
3. Residual insect spray (UK-approved):

- Rentokil Insectrol
 - Indorex (very effective)
4. Diatomaceous earth in cracks & under carpets

Expect 2–4 weeks for full control.

Pantry Beetles – Best Control

1. Throw away ALL contaminated food
2. Clean cupboards with:
 - White vinegar + hot water
3. Store food in airtight containers
4. Use pheromone traps (monitoring, not cure)

Mites (varies a lot)

Common UK household mites:

- Dust mites (don't bite)
- Bird mites (from nests)
- Clover mites (near windows)
- Rodent mites (after mouse/rat issues)

Best control depends on source

- Bird mites - Remove nest + residual spray
- Rodent mites - Eliminate rodents first
- Dust mites - Not eradicated, only managed

Best general mite control

- Wash bedding weekly at 60°C
- Mattress & pillow protectors
- HEPA vacuum
- Lower humidity
- Insecticide sprays only help *temporary* infestations

If mites are biting - identify the source before treating, or they'll keep coming back.

Best Overall Strategy (Works for ALL three)

If you want the most effective, UK-friendly approach:

1. Lower humidity (this alone cuts infestations massively)
2. Deep clean + vacuum regularly
3. Targeted treatments (not foggers)
4. Seal entry points
5. Use diatomaceous earth as a long-term barrier

When to call a professional

- You keep seeing pests after 4–6 weeks
- Mites are biting and source is unclear
- Infestation spans multiple rooms

Having problems with Silverfish, Beetles or Mites?

Please call us today on 020 3784 6297 / 07531 574 537 or email info@purityds.com



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