

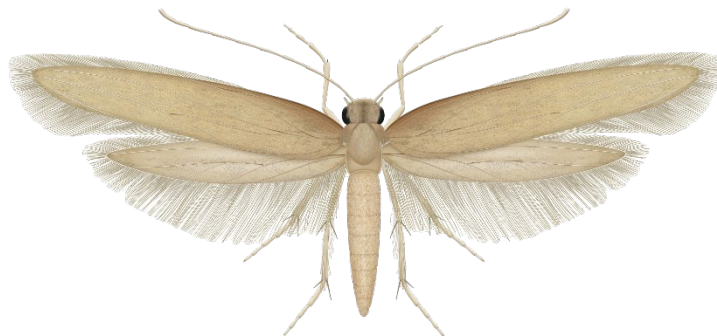
The Domestic Moth Exterminator

*Your Ultimate Guide to
Understanding and Controlling
Moths in the Home.*

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Introduction

*I want to thank and congratulate you for downloading “**The Domestic Moth Exterminator!** Your Ultimate Guide in Understanding and Controlling Moths in the Home”.*

Does the thought of moths, larvae and eggs sharing your home fill you with dread? If you do, then it is probably the reason you are reading this right now. Many homeowners feel the same as you do so don't worry, you are not alone. Numbers are increasing year on year and instead of being a seasonal problem, it appears to be now a year-round dilemma. The weather in recent years have been utter heaven to a moth. They do not have to worry about only surfacing in spring and summer anymore. Those seasons are all year round in some homes! It's a free for all, all you can eat buffet, 24/7, 365 days a year!

It has been 5 years since I wrote the first edition of this eBook, and I am proud to say that as of July 2024 it has been downloaded over 10 thousand times! I sincerely hope it has been of help to all those lovely people who have had the opportunity to read it and will hopefully help you too in your battle against dreaded house moths. In those 5 years, I have noticed from the many e-mails I receive that the moth dilemma in the UK has become much, much worse. In 2021, Rentokil reported a 290% increase in callouts to deal with serious moth infestations as opposed to 10 years ago.

When the famous TV presenter Kirstie Allsopp (of Location, Location, Location fame) wrote a 2018 article in the Times declaring her war on moths, it made a lot of people sit up and take notice, including me. As a keen entomologist, mother, and former pest controller, I have seen first-hand the ever-increasing damage caused by insects in the home but none more so than the dreaded house moth.

In the Times article, Kirstie stated that,

“With moths, it's a kind of constant warfare. If you're the same as me and you like to buy old things, such as bits of upholstery, the buggers come into your house with you. I have lots of scarves, jumpers and wool coats that I wear specifically for filming that are at high risk of moth attack, I can't afford for them to attack my precious things.”

Whilst scientists may argue about what it is that is causing this alarming increase in fabric munching critters, milder, wetter winters, warmer summers, wetter, *warmer* summers, cramped living conditions in cities including shared apartment walls, overuse of central heating and improved insulation in houses are all almost certainly to blame. In fact, moths love to remain cosy and undisturbed in your home, ideally at a minimum temperature of 20 degrees. Even, eco-friendly habits could be to blame where we are washing our clothes at lower temperatures (which fail to kill off the hardy eggs). Before we came along with our nice warm houses and excess of clothes and beautiful natural carpets, moths were not really a problem unless you lived in a country home. In fact, the natural environment of all fabric moths are birds' nests, and like many insects and animals, they have become synanthropic and have benefitted from the environment we have created for ourselves.

Whatever the cause and their tastes in your fabrics, I am committed to helping you to stop these voracious creatures from destroying your beloved furnishings and food stores. This book contains proven steps and strategies on how to minimize, control, and get rid of house moths once and for all! Whether you are dealing with pantry or clothes moths (or perhaps both), this is the perfect reference you need to eliminate them fast and effectively and importantly, keep them gone!

By following the tips, tricks, hacks, and strategies shared with you in this book, you will finally free your home, not only from these destructive insects, but from worry and stress. I receive many e-mails from customers who are understandably anxious at the thought of moths having free reign in their home. Hopefully, for those people and for anybody who generally are just annoyed at the prospect of another year of sharing their home with the winged devils and their ravenous children will finally have peace of mind, knowing that the food you feed your family is larvae and egg free (urgh!) and the clothes that you store carefully away are also not harbouring unwanted guests.

Ok then, are you ready to Moth-proof your home? Then, start reading!

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You can skip on if you just want to know how to get rid of them, however if you want to know a little more about the little devils, then you should know that....

Clothes Moths are incredible creatures !

I know that at this moment in time, clothes moths are your absolute nemesis, but have you ever paused to consider how *incredible* clothes moths are? Let us look closer. These moth's offspring (larvae) eat *skin, hair, horns, and hooves* which are all made of keratin, a protein that is infamously difficult to digest. What kind of organism can digest and metabolize keratin like this, let alone what kind of lepidopteran? It is unclear how they can process keratin—it is possible that they have a microbe in their guts that produces a helpful digestive enzyme, but the process is still shrouded in mystery. All they need are keratin and/or detritus, a little vitamin B, and *that is it*.

Their strange eating habits are only the tip of the iceberg. These moths, unfortunately for those with infestations, have other behaviours that contribute to their indestructibility. They can metabolize their own water as a byproduct of keratin digestion, so access to water is not a deal breaker for survival. Fabric moths have evolved to be an efficient, dynamic, super-survival machine. They are incredibly temperature tolerant, with the ability to survive as eggs or larvae for several days at temperatures as high as 95 degrees Fahrenheit and as far below freezing as 5 degrees Fahrenheit. They are attracted to the smell of woollens, and once established, females send pheromonal signals to nearby male moths to invite them to party. To add to their seemingly indestructible nature, the larvae of the Common Clothes Moth can digest toxic metals like arsenic, mercury, and lead. The larvae have no problem metabolizing soiled synthetic materials or chewing through soft plastics to get to a food source.

Whilst webbing clothes moths (*Tineola Bisselliella*) are certainly one of the most widespread pests within the family, other tineids have remarkable habits, too. Another common pest species, the case making clothes moth (*Tinea Pellionella*), has an eccentric larval habit. As they feed, larvae spin themselves up in a tube of silk, pieces of food, and excrement, and then carry that on top of themselves wherever they go.

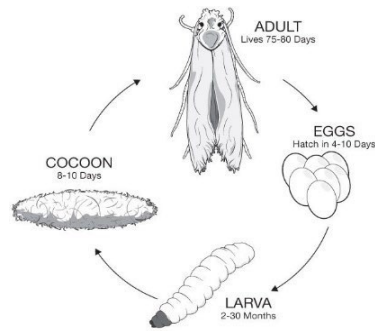
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It is possible that they do this to help them to camouflage and regulate water loss, but when all is said and done, we are really not sure. It is apparent that tineids have adapted to fit almost every niche, with many of them preferring human-created environments. Our homes maintain a consistent temperature and humidity, there are very few predators to a clothes moth, and we pack our living spaces with all kinds of delicious keratinaceous products for them to survive. This incredible feat of evolutionary acclimatization has made clothes moths so well-suited to our homes that they are rarely found outdoors anymore. They are classified as a “synanthropic” species, defined as an organism that benefits from, and has thus adapted to, human establishment like German cockroaches or head lice.



The digestive powers of the larvae of the Common Clothes ‘Webbing’ Moth (Tineola bisselliella) mean materials like wool hats, rugs, and upholstery are an all-you-can-eat buffet for the tiny critters. Such substances are chock full of keratin, a protein found in hair, skin, horns, and hooves and that is infamously difficult to digest. It is still unclear how webbing clothes moth larvae can process keratin—it’s possible that they have a microbe in their guts that produces a helpful digestive enzyme.

Chapter 1: Understanding house moths, eggs, larvae and cocoons.



The Moth Cycle

Understanding the lifecycle of clothes moths is essential for effectively combatting infestations and preventing further damage to your belongings. In this chapter, we will delve into the lifecycle of clothes moths, shedding light on their habits and vulnerabilities, and equipping you with the knowledge needed to eradicate these pests from your home. The life cycle of clothes moths consists of **four** distinct stages: egg, larvae, pupae, and adult. It is crucial to comprehend each stage to implement targeted control measures.

Eggs

The first stage is the egg stage, which typically lasts between four to 21 days. Clothes moths lay their eggs on natural fibers like wool, fur, and silk, ensuring a readily available food source for the emerging larvae. These tiny, oval-shaped eggs are often laid in hidden, undisturbed areas such as the corners of closets, carpets, folds of fabric, or upholstery.

Larvae

Next comes the larvae stage, which lasts for approximately 2-3 months. The larval stage is the most destructive phase, larvae need to feed non-stop on natural fibers in order to reach the correct weight and size to pupate. They create irregular holes in clothes, carpets, and other textiles, leaving behind telltale signs of infestation. During this stage, larvae undergo several molts as they grow in size.

Pupa

Once the larvae have reached their full size, they enter the pupae stage. Pupation can last anywhere from two weeks to several months, depending on environmental conditions. Clothes moth pupae are often concealed within a silken cocoon, making them challenging to detect. It is crucial to address infestations during this stage to prevent the emergence of adult moths.

Adult Moth

Finally, the adult stage marks the end of the lifecycle. Adult clothes moths are small, about 0.5 to 0.8 inches in size, and possess a distinctive golden color. Unlike other moth species, clothes moths do not have a functional mouth, and their sole purpose is to reproduce. Adult moths lay eggs and seek out new food sources to perpetuate the cycle. By understanding the lifecycle of clothes moths, you can implement targeted strategies to eliminate these pests.

The first sign you may have an infestation after observing holes in fabrics is that you may also notice some strange webbing, suspicious rolls of fluff or cocoons in the corners of your closets or underneath furniture. Contrary to what most people believe, adult clothing moths do not eat or cause any damage to clothing or fabrics. They do not have mouths for a start! It is the larvae which is solely responsible for this. The larvae spend their entire life feeding and not doing too much else.

- House moths develop much like any other insect, the female moth lays her eggs in the most prosperous place possible to ensure survival for her offspring. They can lay hundreds of eggs over a lifetime, which then hatch into larvae and immediately hunt for food. They are barely bigger than a tiny egg (1-2mm) to begin with and although they have no eyes, larvae will eventually find what they are looking for. If the egg placement was good, larvae will not have to travel far to find a meal. If not enough food is present, they will crawl in search of their dinner and over a fair amount of distance too to get what they need.

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- Larvae often get their required food in under two months but if conditions are not favourable, they will feed on and off for a very long time. It has been found that larvae can stay in this stage of development for over two years until the right size has been achieved in order for them to pupate. They will stay in this cocoon state for around 1-2 months and then emerge as adults. A short while later, whilst their body parts harden, they are ready to mate and lay eggs, and so the cycle continues!
- Since larvae do not drink water, their food must contain moisture for which they extract their requirements, carpets and clothes stained with human sweat, urine, milk, coffee, gravy, McDonalds tomato sauce etc. will be ideal for them to survive and grow

Before we get to the tried-and-tested strategies on how to get rid of house and their subsequent misbehaving greedy offspring, let us first understand why they may appear in your home and why they behave the way they do. Why are they feeding on your fabrics or foods? How/why do they keep on reproducing? What will happen if you don't rid them from your house?

In this chapter, we will answer these questions, as well as many more that would help us better understand the way moths live, feed, reproduce, and choose a home to infest. We will also learn the dangers of having moths in and around the house, and why it's important to get rid of them now before it's too late. Clothes moths can wreak havoc on your wardrobe and valuable textiles if left unchecked.

As a homeowner, it is important to be aware of the signs of clothes moth infestations so that you can take immediate action to prevent further damage. In this subchapter, we will explore the carious indicators that suggest the presence of clothes moths in your home and provide you with effective solutions to eliminate them.

Chapter 2. Signs of Clothes Moth Infestations.

When you first notice a hole in a sweater or other clothing, the first thing that you should examine is how clean or dirty the area around the hole is. Using a good magnifying glass to thoroughly inspect the area around the hole will make it easier to see some of the details.

Moth Larvae Damage:

When moth larvae cause damage, they will almost always leave clues of their presence. These clues will be in the form of dirty frass (insect excrement), wisps of silk webbing, feeding tubes, small eggs, and pupal cases. Holes caused by moth larvae feeding on wool will often have a slightly depressed area surrounding the hole where the insect has grazed on the surface of the textile but not all the way through.

Mechanical Damage:

If there is no dirt or frass surrounding the hole and the item has not been recently cleaned, there is a good chance that the damage was caused by another means. Mechanically caused holes can form when sharp metal edges on desks, tables, or in other work areas snag and cut the fabric as we walk past or lean against these surfaces. If you find multiple articles of your clothing with damage and that damage is all in the same physical spot on the clothing (E.g. All the holes are located just below your belly button, or at the same point on your right side, etc.) and there is no evidence of moth activity around the holes, then they were likely caused by a sharp edge that you don't even realize that you come in contact with. It could possibly even be your clothing getting caught in the seatbelt of your car day after day.

Chemical Damage:

Another common cause of holes in clothing is chemicals that eat through the fabric. If chemicals, such as bleach or acidic cleaners, are accidentally splashed onto clothing or picked up on the clothing as we lean against tables or place our arms on countertops, it can cause the fabric to become brittle and break away. This can leave small or large holes in the clothing itself. Look for signs of discoloration or material that breaks away easily when you touch it.

Excessive Heat Damage:

Burn holes caused by cigarette ash or small embers from a grill or fire can burn or melt holes into clothing without us even knowing it. When this occurs, the area around the inside of the hole may appear black or melted. A simple sniff test may indicate if fire was involved. Because cotton and synthetic materials are not a food source to clothes moths, holes in these types of materials will almost always be caused by sharp edges, chemicals, or just plain wear and tear. The exception to this rule can occur when cotton or synthetic fabrics are hanging or laying directly adjacent to heavy populations of clothes moths on wool, feathers, or other natural fibres. If the cotton or synthetic materials have human perspiration or food stains on them, these can be attractive to the clothes moth larvae and small areas of damage can occur.

In this circumstance, the clothes moth larvae are looking for nutrients in the stains such as salt or food nutrients. Cotton and synthetic fabrics are not a food source for insects and the damage should be minimal.

Odour:

Furthermore, you may notice a musty odor emanating from your closets or storage areas. This odor is caused by the pheromones released by clothes moths and their larvae. If you detect this distinct smell, it is a strong indication that you have a clothes moth infestation.



Webbing clothes moth damage on wool will present itself as silken tubes as seen in the photo (left) or as frass-covered feeding tubes as seen on the photo (right). Occasionally, you might also find cream-coloured larvae and live or dead adults nearby.

Talking Frass:

Definition from the Oxford Dictionary: /fras/ noun, mid-19th century: from German Frass, from fressen ‘devour’. = **the excrement of insect larvae.**

Once we have narrowed down the cause of the damage done to our clothing to be from moths, it can be beneficial to know which species you are dealing with so you will have a better understanding of your enemy. Knowing the exact species that you are dealing with will give you valuable information to battle this pest. This information includes things such as the length of the life cycle, preferred temperatures and humidity of the insect, preferential food sources, and it will guide you on which pheromone lure you will want to use to monitor for this pest. Frass, by its definition of being excrement of the insect larvae, will often be close in colour to the clothing that is the insect’s food source. So, as the examples of a red wool sweater show in the pictures above and below, the frass from the larvae feeding on that sweater will also be red in colour.



Webbing Clothes Moth Frass and Case making Clothes Moth Frass. Webbing clothes moth frass will be held together by silken threads and will appear lumpy and dirty as seen in the photo on the left. Case making clothes moth frass will be loose and granular and will easily fall away from the clothing as seen in the frass on the right of the photo above.

Webbing Clothes Moth Frass

The frass from the webbing clothes moth, (*Tineola bisselliella*), and the case making clothes moth, (*Tinea pellionella*), are different in appearance. The webbing clothes moth frass is bound together by silk fibers produced by the moth larvae as they feed, whereas the case making frass is comprised of relatively loose faecal pellets that do not stick together. The webbing clothes moth will create lumpy-looking feeding tunnels covered in their frass, and their pupal cases will also be covered in the peppery-looking frass.

Case making Clothes Moth Frass

The case making clothes moth will simply drop their frass on the surface of the wool, and the frass will easily fall away if that item is picked up and moved. The case making larvae will always carry their protective cylindrical case with them. The pupal case is usually the same colour as the fabric they are feeding on. As the larvae feed with their head poking out one side of the case, they will force their faecal pellets out of the other side. The pellets (or frass) will fall onto the surface of the clothing and sit there until gravity knocks them away.

Chapter 3. The Different Types of Damaging House Moth.

Keep your friends close but your enemies closer.

There are over 2,500 types of moth species in the UK, but there are only around 7 species of moth that potentially can damage your precious goods. Let's get to know them a little better.

1. The Brown House Moth (Hofmannophila Pseudospretella)



The Brown House Moth

This type of moth is an absolute beast in the house moth world and measures a half inch in length. It has brown spotted wings and bronze flecks that measure about an inch when spread out. The female brown house moth is capable of laying 600 eggs at once. This type of house moth is omnivorous so has the potential to feed on natural fibred clothing AND dry foods. Thankfully they are not as common in the UK as Pantry and Clothing Moths. This species often arrives via old birds' nests as they are a big lover of feathers, animal detritus and carcasses. They commonly enter the home when the food source (the birds' nest) has been disturbed, or the food contained within has been exhausted. Luckily unlike the Common Clothes, the Case Making and Indian Meal moth, they are not prolific nesters in the home and much prefer to be in their natural habitat. They are also known as Concealer Moths as they can look very similar in colour to bird droppings enabling them to camouflage well.

2. The Indian Meal ‘Pantry’ Moth (Plodia interpunctella)



The Indian Meal ‘Pantry’ Moth

The pantry moth aka ‘the Indian Meal Moth’ is The Indian Meal Moth is a worldwide pest found on every continent on Earth. It is roughly the same size and has a similar coppery hue to the Brown House Moth, however, its wings are grey in colour. As the name implies, it infests pantry and kitchen cabinets and feeds on stored foods such as pasta, grains, cereals, flour, and spices. Remarkably, the female pantry moth can lay up to 300 eggs at a time. These eggs are tiny and nearly invisible. When they hatch, the larvae will spin webs and wreak havoc on your foodstuffs.

Pantry moths are not sensitive to gluten foods, thus, they can easily lay their eggs in food ingredients, such as flour, chocolate, cereals, beans, bird seeds, dried fruits as well as pet food. From the food items, the moth larvae will eat their way out (even through cardboard) and pupate into the adult moth.

3. The Common Clothes Moth (*Tineola bisselliella*) and the Case Making Moth (*Tinea Pellionella*).



the Common Clothes Moth



The Case Making Moth



The Larvae of the Common Clothes Moth



The Larvae of the Case Making Moth

Here we go, the most dreaded fabric moths likely to infest your homes are the **Common Clothes Moth** and the **Case Making Moth**. As their names suggest, this type of moth infests and lives around clothing, other fibres and carpets. Smaller than the pantry moth, Common Clothes Moths are golden/silvery little critters with big black eyes which help them to see in the dark. Case making moths are a similar shape and size but are a dusty brown colour and have markings/spots on their wings.

Both larvae of these insects will chomp on natural fabrics, sometimes interchangeably depending on the scarcity of the food. They tend to stay inside or close to closets and/or down close to carpets, they thrive on soiled fabrics, especially those made with natural fabrics such as wool. The larvae feed on the keratin contained within natural fibres. It is easy to distinguish the larvae of these two moths as the Common Clothes Moth larvae spin webs as they feed and the Case Making Moth wraps carpet fibers ('cases') around itself for protection, camouflage and moisture purposes. An easy way to remember the distinction between them is the Common Clothes Moth larvae will be as 'naked' as the day they were hatched and the Case Making

Moth Larvae as mentioned previously, will have little ‘jackets’ (cases) on! Both of this moth species are found worldwide, and no structure is missed. Churches, museums, carpet stores, warehouses and just about any building has the necessary material on which the larvae of these moths thrive.

One very important thing to note about these moths is that they tend to **SHUN** light. They are very shy little critters and love dark crevices, wardrobes and edges of carpets where there is little human activity. The frustrating thing about these fabric moths is, because they are so shy, you probably will not notice you have an infestation until it is too late. This is one of the main reasons they are such an unbelievably successful pest.

Another very important and often misleading fact about the Common Clothes Moth is that, despite its name, this moth is probably the most prevalent moth that resides in carpets so don't be fooled by its moniker! It is utterly voracious for a natural fibred carpet or rug.

4. The Tapestry Carpet Moth (Trichophaga Tapetzella)



The tapestry moth

As the name suggests, this species, rarely seen nowadays, has been found in old tapestries and rugs, and in the furs of stuffed animals and the feathers of stuffed birds. They get under carpets and inside antique horsehair furniture too. The adult moth has a white head and wings that are black at the top and iridescent white behind. These moths are slightly bigger than Common Clothes and Case Making moths. It's quite common to find larvae the same colour as your carpet as they will have eaten the dyed fibers within the carpet, in turn affecting their appearance!

5. The White Shouldered House Moth (Endrosis Sarcitrella)



The White Shouldered House Moth

This moth is closely related to the brown house moth. It is not as common as the fabric moths mentioned above but it is found almost worldwide due to its synanthropic habits. It occurs regularly inside buildings, and being continuously brooded, can be found at any time of year. Unlike the Common Clothes Moth and the Case Making Moth, but in keeping with the common Pantry Moth, the White Shouldered House Moth frequents light sources and can be found in outbuildings such as your garage where dried food may be kept. It also inhabits birds' nests, it therefore could enter your property through the loft or an open chimney breast so it could be worth getting your ladder out checking to see if there are any nests up there, also take the opportunity to get a caulk gun out and fill in any small holes or entry points from your loft.

6. The Pale Backed Clothes Moth (Monopis crocipitella)



The Pale Backed Moth

This rascal is a relative newcomer on the market and is the emerging moth species which has already garnered a reputation with the National Trust and English Heritage. It adores old properties as they like to arrive via lofts, chimney breasts and spacious wall cavities. The larvae of the Pale Backed Moth feed on dried animal and vegetable refuse. They have been found in debris such as rat and pigeon carcasses, bird's nests, and stored products of vegetable origin such as flour and corn. As the species' common name implies, they also feed on textiles and love a tapestry much to the dismay of the beloved institutions mentioned above. They are highly distinguishable by the pale strip running down the centre of its back.

Chapter 4. How/Why are there Moths in your house?

After identifying the different types of house moths that can potentially invade your home and damage your belongings, let us find out how they may actually arrive. Localising the method of the invasion can help you take action and help prevent it in the future.

There are several ways moths enter your house. Here are the most common reasons.

Fabric Moths such as the Common Clothes Moth and the Case Bearing Carpet Moth can hitch a ride from secondhand furniture, rugs and carpets, commonly bought at car boot sales or secondhand shops. They can also arrive in used items bought online at Gumtree, eBay, Facebook Marketplace etc. so be aware! Vintage clothing has become fashionable again in recent years, this could also be a potential suspect in the aiding and abetting of the dreaded house moth. There are also customers I have personally spoken to who have realised they have originated from clothes/furniture/rugs etc. they have kindly offered to store on behalf of a friend or family. One customer had a sudden infestation and after a thorough search realised that the culprits escaped from a friend's rug stored in a black bin liner. The rug was absolutely obliterated. In fact, if you are not really sure of the origin of the furniture or carpets in your house, the chances are they could be a carrier of moth larvae and/or eggs.

Pantry moths are easy to spot as these are present in daylight as well as night. You may even see some crawling across your kitchen work surfaces. They may have entered your house from the rubbish bins in your garden, from dried food bought from a market, supermarket, pet food store etc. They are also quite opportunistic so make sure you seal up any gaps that can lead to outside, such as extractor fans etc. They can even be brought in to the home hidden away in flowers and wreaths. Clothes Moths can even arrive in some types of stored grain, they will then move to other areas of the home where fabric is abundant to lay their eggs. By understanding how moths get inside your home, you can now be conscious about where you buy your clothes and furniture pieces from so you can successfully prevent a potential moth infestation

Many years ago, before us humans started mass storing of natural fibres in our lovely warm homes, the natural habitat of fabric and food moths was slightly different, they would be commonly originating from the nests of birds and other animals.

The larvae readily feed on old feathers, droppings and even animal carcasses. Birds' nests in lofts, chimney breasts, nearby outdoor buildings and trees close to the property can be a point of origin. They often then enter the home if the food source in the nest has been disturbed or the food supply is exhausted.

Chapter 5. Dangers of House Moths: Why you Should Get Rid of Them.

Clothes Moth larvae are capable of damaging your favourite shirts, coats, suits and dresses. They have excellent taste and absolutely adore natural fibres such as leather, silk, cotton, wool, mohair and linen. They generally shun man-made fibres unless the clothes are soiled and then they will quite happily munch away.

Moths also target and destroy carpets and rugs. The moth larvae prefer to stay and feed in dark and undisturbed areas such as corners and edges of the carpets and underneath heavy furniture. Before you realise, the carpet is ruined. Carpets are extremely expensive, especially the natural fibred type so it worth checking closely every now and again to stop yourself being hit hard in the pocket for replacements.

If you or your children have sensitive or allergic skin, contact with clothing items that have been infested by the larvae of Clothes Moths can trigger an allergic reaction such as a rash, hives or eczema. Additionally, this may cause mucosal irritations for both humans and pets.

It has long been suspected that house moths and in particular fabric moths can worsen symptoms in certain people with respiratory issues. The tiny detachable scales on a clothes moth's wings (which is why they sometimes have a powdery appearance when squashed) can irritate the sensitive airways of an Asthma sufferer.

The larvae of pantry moths do not spread any known diseases, however, replacing spoiled food can hit you hard in the pocket.

Personally, Pantry Moths freak me out the most. The thought that there could be larvae swimming around in my cornflakes repulses me to my very core!

When moths breed in your house and start an infestation in various rooms and areas, it may not be easy to control them. They will not only damage your clothes, furniture, and pantry supplies as discussed, but they can also cause health concerns to you and your family.

If you believe your home is slowly being infested by these annoying creatures, it's time to take action as early as now! Don't wait until your child develops an allergic reaction or your expensive carpet gets damaged, or your favourite sweater has a big hole in the middle of it. It will not look great on a night out! (or even a night in). For those of you old enough to remember, how cool did Albert Steptoe look? ... Exactly!

In the following chapters, you will learn the best ways and proper techniques on how to get rid of House Moths once and for all and start living a more comfortable Moth free existence!

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Chapter 6: Getting Rid of Pantry Moths

As we have already introduced earlier, pantry moths — also known as Indian meal moths — have an appetite for dried, stored, and packaged food, usually containing gluten. Some of the food items and ingredients you may see them feeding on include dry pasta, flour, cereal, powdered milk, cornstarch, bread, crackers, bird seed, spices, dried fruits and nuts, dry pet food and more.

If you are fond of stocking food items in a kitchen cabinet, drawer, or storage box, you will find that they stay around in these dark and hidden places. They can breed almost continuously and form an infestation, because they tend to live in food products or ingredients they thrive on. In a single year, these pests can produce several generations of their kind if left uncontrolled. If you see pantry moths flying around your kitchen or crawling on your Kitchen worktops, it means that they may have found your food supplies and have invaded your kitchen. As we spoke about earlier, these moths may have gotten into your kitchen from many sources, finding exposed food you may have left on the table. Or you may have bought packaged food product from the supermarket that may already be carrying moth eggs.

No matter how your home became infested by pantry moths, the next action you need to take is to get rid of them to avoid further spoilage of food and increased costs. Therefore, it is important to be aware if your pantry is already being invaded by these annoying pests. Once you do, make sure to take the necessary actions to prevent them from making an infestation and get rid of them once and for all.

How to Prevent an Infestation of Pantry Moths

Below are tips and hacks on how you can prevent pantry moths from accumulating, invading, and infesting your kitchen.

1. Use the right containers.

Always store dry foods and ingredients in tightly- sealed containers. Moth larvae are capable of chewing their way in and out of paper and cardboard boxes to access food; therefore, make sure that you choose food storage containers that are made of plastic, stainless steel, and other durable materials. An added bonus with this method is that not only do these storage solutions keep your food secure, but they also help maintain freshness and prevent contamination.

2. Store dry foods properly.

After opening dry food products like cereals and pasta, transfer them right away to their new durable containers. Avoid putting them back in their boxes or plastic packaging without a proper seal, this will attract pantry moths from infesting them and laying down eggs. When restocking your pantry, place newer items at the back and move older ones to the front. This way, you will use up older products first, reducing the chances of moth infestations as they are more likely to occur in older items.

3. Clean your containers thoroughly.

After every use, make sure you wash your containers with hot water and detergent before adding new products.

4. Avoid combining new dried products with older ones.

It is best to store packaged dried food separately or wait until the old food product gets completely consumed before you open a new pack. This way you will avoid contaminating new produce with already infested produce.

5. Use a combination of vinegar, lemon juice and warm water to clean kitchen surfaces.

This includes pantry shelves, countertops, kitchen surfaces, and food containers. Vinegar is an excellent, toxic-free cleaning agent because of its acidity. It can easily kill surface germs, as well as tiny, nearly invisible moth eggs and larvae.

6. Freeze dry goods.

When you buy dry goods from the supermarket or grocery store, store them in a plastic bag and place inside the freezer for about a week. This will help kill the eggs, if there are any. If you have enough space in your freezer, you can store them for longer periods of time.

7. Dispose of leftover foods properly.

Wash dishes right after every meal. Never leave exposed food on the table or kitchen sink for long periods of time, as this may attract pantry moths.

How to get rid of Pantry moths once and for all.

If your home is already infested, the actions you need to take should be for the complete elimination of these pests. Here are some basic tips, tricks, and hacks on how to finally get rid of pantry moths in your kitchen.

1. Eliminate the source immediately.

If you know where the infestation started, get rid of it right away. Otherwise, if you don't seem to know where all these annoying moths are coming from, you need to check every single food package and container you have until you find out the source.

2. Discard infested food products.

Check if any food item, packaging, or container is infested with moth eggs or larvae. If you find products that are contaminated, bag it up, seal it, then dispose of it. Similarly, if you find reusable food containers that seem to be infested, dispose of its content before washing with soap and water then a vinegar solution (water and vinegar)

3. Wait for one week before restocking your pantry supplies.

This way, you can be sure that you have conquered the infestation. If you need to restock immediately, make sure to follow the preventive tips above, so that you won't bring home a new batch or pantry pests.

4. Make it a habit to clean your kitchen regularly.

This includes all cupboards, pantry shelves, and areas where you store food, as these are the places moths are likely to thrive on and pupate.

5. Set pheromone traps specific to the Indian Meal Moth!!!

Pheromone traps will help to disrupt the breeding process. Ensure that the pack mentions the fact it is for this species!

These are some of the basic steps you can undertake if your kitchen is infested by pantry moths. It is important to follow the preventive measures discussed above. Furthermore, make it a habit to regularly check if your kitchen is pest-free. If you find even just one small sign of infestation, be ready to undertake the moth elimination steps listed above.

Chapter 7: Getting Rid of Fabric Moths in your Clothes, Carpets and Upholstery.

If you are looking for ways to prevent clothes moths from entering your room and closet, it's not as easy as you would think. Unfortunately, this type of pest is active all year long, covers international borders, and has larvae that can last up to 2 years before they pupate into adult moths. However, you can massively reduce your chances of becoming a victim to these nasty insects by taking a proactive approach in protecting your clothes, rugs, and furniture pieces that contain animal fibres. Here are some of the most effective ways you should follow in order to get rid of clothes moths from your closet.

1. Keep things clean.

Moths and larvae are particularly fond of clothing materials that are dirty, smelly, packed away, and/or has food spills. Therefore, to shoo them away, make sure that you keep all your clothes clean when storing them in your closet. Additionally, immediately wash stained carpets and rugs, so they won't attract these nasty pests.

2. Wash before storing. VERY IMPORTANT!

Before you pack away winter clothes or clothing that you will not wear again for a while, make sure you take them outside, give them a thorough shake down then wash or dry-clean them first. Not only will this repel moths and larvae, washing also removes sweat and food spills, which attract and nourish larvae. If you do spot any eggs, larvae or adult moths on clothes then remove them with a warm cloth and then discard it outside in the bin.

3. Discard infested clothing items.

No matter how much you love an article of clothing, think rationally!! if it has been seriously damaged and infested and might be impossible to repair, maybe it's best to throw it away along with the moth eggs and larvae that are possibly harbouring within.

4. Avoid putting worn clothes back in your closet alongside new and fresh clothes.

Even if you've only used it slightly or you feel like it couldn't be that dirty, just put used clothes straight into the laundry basket or at the very least, check them frequently.

5. Clean your closet regularly.

As clothes moths like to hide in the dark and deepest recesses of your closets, make sure to check on it every now and then. When you do, remove all clothes from your cabinet, closet, drawers, and check every single item for signs of infestation. Then, clean your closet by thoroughly vacuuming it. If you have an older style of vacuum, remove the vacuum bag, and seal it in another plastic bag before discarding outside —it's probably full of moth larvae and eggs!! If you have the newer style of vacuum, clean the dust compartment thoroughly with warm water before using it again.

6. Hanging clothes

Keep a space of around 2-3cm between each garment. Try and make life as difficult as possible for clothes munching larvae to move from one garment to the next. If your clothes are rammed into the wardrobe with no space in-between, you just provide larvae free reign to inflict maximum damage on your whole wardrobe.

7. Clean rugs and carpets often.

Rugs and carpets made of natural fibres should also be cleaned regularly and thoroughly. Vacuum extensively behind and underneath heavy furniture in oft undisturbed areas at least once a month. Again, when you vacuum, make sure to dispose of the vacuum bag properly to avoid re-infestation and clean the dust compartments of newer vacuum cleaners with warm water after every heavy usage. You may also consider using a carpet cleaner/ steamer or a dry- cleaning service for a deeper cleaning to rugs and carpets. When using a carpet cleaner, follow the manufacturer's instructions and avoid saturating the carpet with excessive moisture as this can lead to mould growth.

**Tip! Prior to vacuuming, use a stiff brush to dislodge any sticky moth eggs and stubborn larvae.*

*This will make it easier to vacuum up the little rascals.**

8. Rotate Furniture

Rotating furniture may seem like an odd solution, but moving furniture around plays a crucial role in disrupting the moth life cycle and preventing infestations. Moths are attracted to dark, undisturbed areas where they can lay their eggs and thrive. By regularly moving furniture, you disturb their preferred environment and discourage them from settling in your carpets. (Remember, their whole survival tactic relies on going about their business unnoticed).

Start by examining your carpeted areas and identifying furniture that has been in the same spot for an extended period. Sofas, chairs, coffee tables, and bookshelves are common culprits. Make a note of these areas and create a rotation schedule. Aim to move each piece of furniture at least once every three months. When moving furniture, be sure to thoroughly clean the area underneath. Use a vacuum cleaner to remove any crumbs, pet hair, or debris that may attract moths. Pay particular attention to the edges and corners, as moths tend to lay their eggs in hidden, hard-to-reach places.

9. Good tips

Vacuum the underneath of the carpet and/or rug as well AND the floorboards, also, when choosing underlay for carpets, make sure it is **100% synthetic**.

10. Take clothes/rugs outside and the importance of humidity.

If dry cleaning is not an option, try this old fashioned but effective technique. On a sunny day, take your clothes and rugs outside and with regards to the clothes, brush them vigorously, especially under the collars and along seams. When it comes to controlling moth infestations, many homeowners automatically think of chemical treatments. However, one of the simplest and most accessible methods is utilizing natural sunlight and fresh air.

Clothes moths thrive in dark, humid environments, making wardrobes and closets their ideal breeding grounds. By exposing infested garments and textiles to sunlight, you can effectively kill off those pesky insects and prevent further infestations. Sunlight is a natural enemy of clothes moths as they are extremely sensitive to ultraviolet (UV) rays, reduces humidity and making it easier to be spotted. By hanging infested clothing in direct sunlight for several hours, the UV rays will penetrate the fabric and help kill any eggs, larvae or adult moths present.

It is crucial however to expose all sides of the garments to sunlight to ensure that every nook and cranny is reached. Rotating them periodically to face the sun will help. One very important piece of information you must know when dealing with moths is the role that the humidity I mentioned above plays in increasing moth numbers. Humidity is essential for larval survival and as the larvae are not capable of drinking water, they therefore must get all their fluids from fabrics that are subject to moisture. Female moths have an incredible ability for finding the best humid places to lay eggs and ensure their offspring have the best opportunity to survive into adulthood.

Fresh air plays a significant role in the home, you can decrease humidity by leaving wardrobe doors and windows open often to help dry out humidity and expose moths to the much-hated light. If you do have problems with humidity, a dehumidifier can help. Try to place these strategically around your home to help keep the humidity down and the moths out.

11. Hot and/or cold technique.

Extreme heat and coldness can kill clothes moths, including eggs and larvae, therefore, you can also try the following strategies in getting rid of these annoying pests. One is to heat-treat woollen items using your traditional oven. Do this by placing the clothes on trays and place them for a few minutes in an oven with the lowest heat setting, at least 120 °F. *****Make sure you do not leave the kitchen whilst performing this method*****

Ironing Clothes before replacing in your closets is also a great method and habit to get into to kill larvae and eggs off for good. Another method is to freeze your clothes. However, for this approach to work best, there should be an abrupt change in temperature. For instance, from 70 °F, immediately place the clothing articles (contained in a plastic bag) inside the freezer at 0°F. Additionally, you need to leave the clothes inside for at least 96 hours (4 days) after reaching freezing temperature. This is extremely limiting however, if you do have the freezer space to begin with. If you know anyone with a big empty freezer, beg, steal and borrow to use it.

12. Choose smart storage options.

While storing natural fibred clothes in plastic boxes and resealable plastic bags is a good idea, you must remember that moths are capable of moving around even in extremely tight spaces. Using airtight plastic bags, on the other hand, are not great for long-term storage. Aside from not allowing the fabric to breathe, some plastics can destroy clothing materials over time. For the best protection, wrap freshly washed or dry-cleaned clothes in lengths of clean cotton before storing. Moreover, to be completely sure in storing valuable items, you can always consult with a professional textile conservator for the most recommended options.

13. Use moth deterrents

There are several products in the market that are formulated specifically to repel clothes moths and insects that feed on clothing items. These are readily available and very easy to use. They work by sending off a specific smell that moths and larvae find abhorrent and may be fatally toxic to them. Some popular products include mothballs, moth crystals, essential oils such as lavender as well as cedar wood products. (See Chapter 4).

14. Professional Carpet Cleaning

Professional carpet cleaning is essential for maintaining the longevity and appearance of your carpets. Regular vacuuming can remove surface dirt, but it may not be enough to eliminate moth eggs or larvae hiding deep within the fibers. Hiring a professional carpet cleaner who specializes in moth prevention is a wise investment. These experts use specialized equipment and eco-friendly cleaning agents to deep clean your carpets, effectively removing any potential food sources for moths and their larvae.

15. Online Forums and Communities

Joining online forums and communities dedicated to getting rid of clothes moths can provide a wealth of knowledge and support. Connect with other homeowners facing similar issues, share experiences and gather valuable tips and advice.

16. Calling in the experts.

If the infestation is so severe and your efforts prove ineffective or you simply do not have the energy nor the will to employ all the tips above, it may be time to call in the professionals. These experts can assess the extent of the infestation. There are a few methods that they can employ, from fumigation to heat treatment etc. but when looking for professional pest control services, it is essential to choose a company that specializes in moth treatments and prevention. Some pest control services may not have the specific knowledge and tools required for dealing with moths effectively.

Scrutinise the customer reviews from previous companies and specifically look for reviews that mention moth treatments and which have obviously received positive feedback for that particular service.

Before hiring a professional, ask for a consultation or inspection of your home. This will allow the experts to assess the severity of the moth infestation and provide you with a tailored treatment plan. Additionally, inquire about the methods they will use and the duration of the treatment process. It is essential to have a clear understanding of what to expect before proceeding. Once you have chosen a professional pest control service, make sure to follow their instructions and recommendations for ongoing prevention. This may involve regular inspections and cleaning routines. By taking proactive measures, you can ensure that your home remains moth-free in the future.

Getting rid of clothes moths and stopping their infestations in your closet may be downright dirty and difficult. But if you start now and you follow the strategies above, you stand an excellent chance of saving your precious fabrics from further damage.

Sneaky bonus tips for fabric moths.

- *Keep your wardrobe doors open during the day to expose your hanging clothes to the natural sunlight coming from your bedroom window . Additionally, whenever you pass by, give the clothes a mad shuffle around. Any moths in there hell bent on creating mischief will flutter out in a panic. Remember, clothes moths **HATE** sunlight, **AND** even worse, human activity. Just try and make life as inhospitable as possible for them. I cannot stress the importance of this enough.*
- *On a very hot day, pop your vulnerable fabrics in black bags and place them on the dashboard of your car in full view of the windows **leaving them for the full day!** No larvae, eggs or moths will survive temperatures exceeding 55 degrees centigrade for a few hours...guaranteed.*

Summary and other suggestions are: -

- a. Turn off the heating as soon as possible and open your windows to get some fresh air in and reduce humidity. Consider purchasing a dehumidifier.
- b. Keep all second-hand clothing/fabric purchases in a well-sealed bag until you get the opportunity to give them a good wash. Remember, that if you have carpet moths and donate to charity shops it is just as likely that when buying clothes from them that you could inadvertently bring them into your home without realising it.
- c. A powerful vacuum can shift eggs from fibres, but you'll need to remove the collected dust or Hoover bags from the house immediately, or, having hatched inside the machine and merrily feasted on the dust, they'll simply fly out again. It is vital to vacuum regularly under beds, carpets and behind radiators to prevent moths from getting too comfortable.
- d. Clothes and soft furnishings will all benefit from having a good shake out in the fresh air, and if you spot an infestation in your clothing be sure to wash everything thoroughly on a hot wash to kill off the eggs and larvae. Once clean, the best way to store clothes is in sealed plastic bags. Remember, the more cluttered your wardrobe, the more likely it is that you are providing an ongoing buffet meal for them! Other suggestions found to be successful have been to freeze all your clothes or put them in bin bags in a hot car as I mentioned earlier. I don't know about you, but I'm not sure I have much space in my freezer for an entire wardrobe.

Chapter 8: Moth deterrents and how they work

It is one thing to proactively clean your kitchen and your closet, store foods properly, and washing your clothes regularly to remove any possible infestations of moths, larvae, and eggs. Using moth deterrents to ward off these nasty bugs is another thing. They are more of a preventive measure that can supplement your moth elimination methods. Therefore, there is really no harm in trying them. The following are various kinds of moth deterrents that you can use to shoo away those destructive fabric moths.

Pheromone Moth Traps

Pheromone moth traps are an attractant tactic and will eventually help reduce moths in the home. They work by releasing female pheromones in the air which attracts and lures adult male moths to their doom.

Interestingly, once a male moth detects female pheromones, he performs an intricate dance whereby he flutters his wings whilst walking. This dance can last upwards of 10 minutes. After the male engages in this mating ritual, he will take flight in the direction of the pheromone to conclude the mating process. A well-placed Moth trap can safely capture the male in the mixture of pheromones and glue, subsequently stopping the whole reproduction process.

However, pheromone traps are not capable of trapping female moths and larvae. Because of this limitation, these traps may not completely control the infestations of house moths in your kitchen, rugs or closets. They can help reduce numbers significantly in the long term and perhaps stop the next generation from happening but rather, they can be very helpful in identifying whether there is a presence of occupying moths in your house and can help pinpoint the source of an infestation.

Moth traps also have the benefit of lasting for many months, so they can remain active during the many breeding cycles that occur. If nothing is captured straight away, then it will most likely capture moths during the next wave of breeding.

Very important things to note about the use of pheromone moth traps, especially if you are a novice in terms of introducing them as a tool in your moth battle.

- Pheromone traps may not catch all the moths you may see in the home. Only *MALE* moths are attracted to the scent contained within the glue. The moth traps will only catch the Common Clothes Moth and the Indian Meal Pantry Moth depending on which product you have purchased. Other moths may be attracted because the pheromone signature is similar to that of the moth the traps are designed for but not in significant enough numbers to cause a generational disruption.
- Pheromone traps are a subtle but effective tool in a fight against moths, you only need one or two in a standard sized room and place them at least 3- 4 metres apart. It may seem like a good idea to put plenty of traps in an area that you are noticing moths, but any more than 2 in one room will over saturate the atmosphere with pheromone molecules and an overwhelmed male moth will just fly around and around in confusion unable to accurately pinpoint the source of the irresistible scent, they will think the females are everywhere! It's a fine balance, and knowledge is key to ensuring that you get the best out of this type of moth control.
- Write down the date and keep them out for the recommended period before replacing. (unless they are very dusty and/or full of moths). The pheromone will intensify exponentially as the vapour volatilizes to the local atmosphere before a sudden dip in efficacy around 12 weeks in.
- Please make sure it is the correct species the traps are designed for. Our **London Moth** traps contain a useful product insert containing visual aids to determine the species of moth you may have in the home.

Once the presence of moths is identified, you can then take necessary actions using the steps outlined in the previous chapter to help eliminate them from your home.

Cedar Wood

Red cedar wood is known to have natural oils that can kill cloths moth larvae — but not all of them. The distinctive oil odour of cedar wood is only effective in killing young larvae. It has no effect on eggs, older larvae and adult moths, although there is evidence to suggest the oil vapour may irritate the odour detecting antennae of a moth and help to keep them away. However, when the scent of the wood fades, it may stop working to repel larvae and moths. If you own a cedar chest, it can be a great place to store your woollen clothes and other clothing articles. Store only clean fabrics inside and wrap them in clean cotton cloth first before storing.

There are ways to replenish the scent of cedar boards, chests, and closets. One is to sand the wood lightly so that the natural smell will return. Another way is to dab some amounts of cedar oil on its surfaces, so that it would continue to produce the same smell that larvae and moths cannot abide.

Mothballs and Moth Crystals

These products are basically pesticides formed to become small balls and crystals that you can easily place in your closet or dresser drawers alongside your fabrics. They release fumigant gas with a specific smell that are fatal to moths and other insects. Whilst they sound so convenient, you must understand that they are also potentially harmful to people, babies, and pets. Moreover, since they work by releasing fumigant gas, they are most powerful when placed in tight-fitting containers and clothes drawers. If ever you decide to use any of these products, before wearing the clothes again, air them out thoroughly. It may take some time to eliminate the mothball odour.

WARNING!

Old fashioned mothballs are extremely toxic and have been banned for sale in Europe. It is now known that they are a carcinogen. Be mindful where you are buying them from. There are newer versions commercially available from established companies that do not contain the traditional harmful chemicals and therefore will be safe to use. Just be careful if you see a product being classified as 'traditional moth balls'.

Lavender and Other Essential Oils

Another homemaker's trick in repelling clothes moths is by using lavender and other essential oils and herbs. There are sachets filled with lavender that you can suspend in your closet or tuck in your drawers to protect your clothes from moths. You can also use lavender oil. Aside from this, they will also leave an invigorating smell that will make your clothes fragrant. Note, however, that lavender is not effective in killing larvae or moth eggs, it is more of a preventative and humane measure. Other essential oils and herbs that can help ward off clothes moth and have been used for centuries include Rosemary, Black Pepper, Cloves, Mint, Cedar, Rosemary, Lemongrass, Eucalyptus and Thyme. As mentioned above, all these products may irritate the antennae of a moth and help to keep them away.

Cucumbers are a natural pest control solution for repelling moths and many other pests. Moths, like ants and other insects, detest the bitter peels of a cucumber. Place the peels in places where clothes moths are likely to migrate into your home (*potentially from neighboring premises*) such as cavities and loft areas.

Some moth deterrents are effective and may work for you, and the natural types will give you peace of mind especially if you have pets and small children but before you put your complete trust in them, make sure to get rid of these nasty pests in your closet first, using some of the tips outlined in this eBook.

Trichogramma Parasitic Wasps

Trichogramma are very small parasitic wasps, hard to spot with the naked eye, but identifiable when they are situated on the outside of the packaging. They will seek out Clothes Moth eggs and lay their own eggs inside them, parasitizing the moth eggs. They are harmless to humans and animals and remain only for as long as there are Clothes Moth eggs present. These are very effective, however there is a certain 'ikky' factor associated with releasing small insects into the home. This reason has possibly stopped the method from becoming a more popular method of moth control.



A parasitic wasp attacking a common clothes moth egg.

CARPET PLAN BONUS

I am constantly being asked whether I have any non-toxic and cost-effective advice for dealing with moths in the carpets and rugs. Over the years I have picked up some great tips and so therefore have decided to devise a plan of action using these tips should you wish to use it.

Please note, this treatment will work for the Common Clothes **AND** Case Making Moth.

BICARB PLAN (*don't worry it's not a diet!*)

You will need,

- A large tub of Bicarbonate of soda (you can buy the big 5kg ones from Amazon or on the high street, B&M etc.). Don't worry about the Bicarbonate of soda damaging your carpets, it is a neutralizing solution.

You can also swap the Bicarbonate of Soda for Diatomaceous Earth, another powdered product that perhaps does an even better job of taking moisture out of carpet BUT is more expensive.

- White Vinegar
- Some lemons
- Detergent wipes
- A butter knife or screwdriver
- A half decent vacuum cleaner!
- A good stiff brush.

For wherever you are seeing or suspect an infestation.

1. Firstly, wrap a detergent wipe around a knife or screwdriver and run it down the seams where the carpet meets the skirting board, you don't have to be so rigorous as to damage your carpets but really get in there as these are really difficult places to clean with a vacuum and contains loads of delicious dust, skin flakes, hair etc. that a voracious little larva will thrive upon, it will also contain eggs as it is such a great often undisturbed spot for moths to nest. You sometimes see the female moths sitting on the walls above these sites.

2. When you have done all this, douse the suspected areas with bicarbonate of soda and work it in with a stiff brush. Leave it for 24 hours before vacuuming it up. This will do a good job killing and dislodging all the larvae and eggs and the bicarb also helps reduce moisture in the carpet that larvae need to survive. In fact, when vacuuming everywhere around the house (until you are confident the moths are gone, put half a cup of bicarb of soda in the dust compartment as the harsh soda crystals will desiccate any eggs and larvae that otherwise would live quite happily in there and then may get transferred elsewhere around the house. Using the bicarb in the dust compartment will mean you also don't have to clean it out after each heavy bout of vacuuming.

By the way, If you ever buy a new vacuum, get rid of the old one or clean it thoroughly. I have seen first-hand some very alarming infestations in old vacuums that are not used anymore. And of course, is often the last place someone would think of checking

Back to the plan...

3. Once you have done all this, wipe down the skirting boards with a 50/50 mix of white vinegar and warm water and perhaps some squeezed lemon.

4. Then, when that is dry, place a trap low down to where you saw the nest and/or damage and keep it out of the light and out of sight for a week or two and see what happens. If you can deal with the larvae and eggs, then the traps should catch any males arriving which will help prevent further nesting from occurring.

I hope you find this plan useful, let me know how you get on with this if you do try it. I know it sounds like hard work but a bit of elbow grease and know how helps to do a tremendous job with these little monsters and may save your carpets! If it is too much then you won't go far wrong in just adding half a cup of bicarbonate of soda in the dust compartment of the vacuum whilst you use it as I mentioned previously. The harsh crystals will shred the eggs, larvae and moths to pieces inside the compartment. Just vacuuming the area every day for a week will help enormously too.

Conclusion

Thank you again for downloading this eBook!

I hope this book was able to help you understand the different types of house moths, how they can be damaging to your everyday life, and what actionable steps you can take in order to get rid of them once and for all. By now you've probably realized that not taking action against moths will be costing you money in the long term. No action is not an option because your only insurance against moth action are regular inspections and maintenance which are of utmost importance when it comes to dealing with moth and preventing infestations. By being proactive and implementing the strategies outlined in this eBook, homeowners can successfully prevent a moth invasion, ensuring the longevity and preservation of their valuable clothes and food stores.

If your home is being infested by moths then the next steps are to follow the tips, tricks, and strategies listed in this book in order to eliminate these nasty pests from your home and prevent them from returning with their friends and extended family. It may be difficult in the beginning, but just think of how better and healthier your home will be, not to mention the benefit of peace of mind, if you make the change now.

Again, thank you for your purchase and good luck!

Ruth and Alan

Theo's Home Care 2024.

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Ps- We would love to hear back from you with feedback, how you have fared with the tips shared etc. It honestly gives us great pleasure to help people with their moth problem. (We really should get out more!).

References

Kirstie Allsopp: My war against moths (1 Sept 2018, The Times)

<https://www.thetimes.com/life-style/article/kirstie-allsopp-my-war-against-moths-xltbflbbb>

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