



THEO'S HOME CARE
UK MOTH SOLUTIONS

Get Rid of House Moths Now and *Forever!*

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

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2023*

*'Magnificent, a roller coaster of a book'...Stevie Wonder
'I hated it, it's all lies, don't listen to it'....A. Moth*

Introduction

I want to thank you and congratulate you for downloading "Get Rid of Moths Now and Forever! Your Ultimate Guide in Controlling Moths in the Home".

It has been 3 years since I wrote this eBook, and I am proud to say that as of March 2023 it has been downloaded over five 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 three 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 part-time pest controller (thanks to my dad), 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, *"It's a myth that moths are discerning and only like expensive fabrics. One year they even ate my paper Christmas decorations."*

Kirstie then goes on to say,

"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." (Hmmm, I suspect she probably can!)

Whilst scientists argue about what it is that is causing the alarming spread (milder, wetter winters, warmer summers, cramped living conditions in cities including shared apartment walls, overuse of central heating and improved insulation in houses are almost certainly to blame). In fact, moths love to remain cosy and undisturbed in the darkest corners of your home, ideally at a 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). Whatever the reason, moth larvae are indeed hungry creatures - and one of their favourite dishes is cashmere. With Marks & Spencer's shelves groaning under the weight of soft sweaters, St Michael has become the patron saint of moths, boosting their numbers

and voracity. "The more expensive and exotic the fabric, the more the moths like it," says Iain Whatley of the pest control company Enviroguard UK. "They like tapestries and rugs, but they love cashmere sweaters and cashmere suits."

Whatever the cause and their particular tastes in your home, 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.

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 you put on and store carefully are also not harbouring unwanted guests.

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

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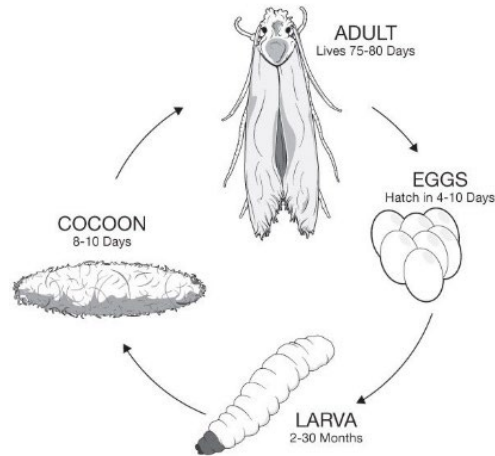
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Chapter 1: Understanding House Moths and Larvae



The Moth Cycle

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 is now obvious it is 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!

The first sign you may have an infestation is probably noticing holes in your favourite jumpers or bald patches that appear on the carpet. 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!

Before we begin with this classic book, (look out Dickens, Rowling etc) let us look at some facts about larvae, you may want to look away but understanding their life cycle and feeding requirements is the only way to get rid of them in the long term.

- 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 a fair amount of distance to get what they need.
- Larvae can get their required food in under two months but if conditions are not favourable, larvae will feed on and off for a very long time. It has been found that they can stay in this stage of development for over two years until the right size has been achieved in order for them to pupate.
- 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.
- Besides doing a lot of damage during this life span, larvae will mislead people into believing the infestation has been eliminated because no adults are being seen. They really are crafty little independent beggars.
- Eventually, once they get their fill the larvae will find a nice dark and quiet area and pupate where they undergo metamorphosis. They will stay in this cocoon state for around 1-2 months and then emerge as adults ready to mate and lay eggs, and so the cycle continues!

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.

Different Types of House Moths

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 6 types of moths which like to live alongside you under the same roof potentially damaging your precious goods. Let's get to know them a little better.

1. The Brown House Moth (Hofmannophila pseudospretella)



This type of moth is a beast in the house moth world and measures a half-inch in length. It has brown wings with 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 feeds 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.

2. The Pantry Moth (Plodia interpunctella)



The pantry moth aka 'the Indian Meal Moth' 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. The Indian Meal Moth is a worldwide pest found on every continent on Earth.

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&4. The Common Clothes /The Case Making/Bearing Carpet Moth (Tineola bisselliella and Tinea pellionella, respectively)



The Common Clothes 'Webbing' Moth.



The Case Making/Bearing Carpet Moth



The Common Clothes 'Webbing' Moth Larvae The Case Making/Bearing Carpet Moth Larvae

The most common cloth moths to infest your homes are the Common Clothes Moth and the Case Bearing Carpet Moth. As their names suggest, this type of moth infests and lives around clothing, other fibres and carpets. Smaller than the pantry moths, clothes moth are golden/ silvery little critters with big black eyes which help them to see in the dark. Carpet moths are a similar shape but are darker and have markings on their wings. Both larvae of these insects will eat 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 carpet moth wraps carpet fibres around itself for protection and camouflage (see pic above).

These Common Moths 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 this Moth thrive.

One very important thing to note about these Moths is that they **SHUN** light in general. 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 fabric moths is because they are so shy, you probably will not notice you have an infestation until it is too late.

5. The White Shouldered House Moth (*Endrosis sarcitrella*)



This moth is closely related to the brown house moth. It is not as common as the Cloth 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 Bearing Carpet 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*)



This rascal is a relative newcomer on the market and is the emerging moth species which has the National Trust and English Heritage so worried. 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.

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 actually get there. 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 second hand furniture, rugs and carpets, commonly bought at car boot sales or second hand 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 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.

Dangers of House Moths: Why you Should Get Rid of Them

Pantry and Fabric Moths not only cause alarm and expense, they can also trigger some allergies and worsen the symptoms of Asthma.

Below are some of the inconveniences and health issues that house moths can bring to you and your family;

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.

Carpet Moths 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 Asthma, The tiny detachable scales on a clothes moths 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 they may cause Infestation and spillage of food items. Spoiled food creates waste and again hits you hard in the pocket to replace.

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!

* * * * *

Chapter 2: 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 you got 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.

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.

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 old ones.

It is best to store them separately or wait until the old food product gets completely consumed before you open the new one. This way you will avoid contaminating new products with potentially older infested products.

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

The tips mentioned above are ideally for preventing pantry moths, larvae, and eggs from accumulating and eventually, infesting your entire kitchen. If, on the other hand, 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 include 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!!!

Pheromone traps will help to disrupt the breeding process. (I hear Theo's Home Care provide an excellent affordable range!). ;-)

These are some of the basic steps you can undertake if your kitchen is infested by pantry moths. Note, however, that after completely eliminating these pests and insects from your kitchen, there is still some possibility that you are able bring them back to your house as you buy dry foods from the groceries or market.

Therefore, it is also important to follow the preventive measures we 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 I have listed above.

Chapter 3: Getting Rid of Fabric Moths (Clothes/Carpet/Upholstery Moths)

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 eggs that can last up to 2 years before they hatch. 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 articles that you will never wear again for a long time, make sure to wash them or dry-clean first. Not only will they 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.

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 it might be impossible to repair, maybe it's best to throw it away along with the moth eggs and larvae that it's probably harbouring within.

3. 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 in to the laundry basket.

4. 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.

5. Clean rugs and carpets often.

Similar to the above tip, rugs and carpets made of animal fibres should also be cleaned regularly and thoroughly. Vacuum thoroughly behind and underneath heavy furniture in oft undisturbed areas. Again, when you vacuum, make sure to dispose of the vacuum bag properly to avoid re- infestation and clean dust compartments with warm water. You may also consider using a carpet steamer or a dry-cleaning service for a deeper cleaning to rugs and carpets.

Also, for large textiles such as carpets, take the hair dryer to them! Set it on its highest temperature and slowly move it over the infested fabric. The hot air will kill all the larvae. Make sure to test it on a small discreet area first in case it scorches the carpet. You could also do something similar with an iron, iron over a damp towel all over the carpet. Again, the heat will kill them off. Keep your eye out for small holes in skirting and floorboards and fill them with a caulk gun. Also, always check behind furniture and nice quiet areas for possible nests.

*** My favourite eco-friendly and cheap tip for getting rid of carpet moth larvae and eggs without the need for harsh chemicals, sprays or powders is to use a simple solution of bicarbonate of soda, water and white vinegar. Firstly, vacuum the area thoroughly (make sure you clean the dust compartment of your vacuum afterwards!). Then sprinkle bicarbonate of soda over the infected area and work it in well with a stiff brush. Then, mix in some white vinegar and water at a ratio of 1:1, put the solution into an empty spray bottle and spray thoroughly. Leave the windows open for a few hours to dissipate the vinegar odour then leave for 24 hours before vacuuming again. This should kill off a lot of larvae and destroy some eggs. If you don't fancy cleaning the inside of your dust compartment too often, you could add half a cup of bicarbonate of soda to the dust compartment prior to vacuuming. The harsh soda crystals will desiccate any surviving eggs and larvae that have been sucked up!**

6. GOOD TIP!

Vacuum the underneath of the carpet and/or rug as well AND the floorboards.

7. Brush coats outside.

If dry cleaning isn't an option you can try this try old fashioned but effective technique. On a sunny day, take your coats or suits outside and brush them vigorously, especially along the seams and under the collars and along seams. This should help eliminate moth eggs and larvae that are nearly invisible to the eye. To be sure, pack them separately and away from dry-cleaned clothing articles (You could also do this with rugs).

8. 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 the 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 technique)******.

Ironing Clothes before replacing in your closets is also a great method of killing larvae off for good.

*Another **PERSONAL FAVOURITE** is to place them in bags and put them in a car on a very hot day in full view of the windows and leave them for 24 hours*

Another method is to freeze your clothes. However, for this approach to work, there should be an abrupt change in temperature. For instance, from 70 °F, immediately place the clothing articles inside the freezer at 0°F. Additionally, you need to leave the clothes inside for at least 72 hours after reaching freezing temperature. This is extremely limiting however, I don't know about you but I do NOT have enough space in my freezer to store my entire wardrobe of clothes! You could do a few everyday but remember not to store them together whilst attempting this marathon event!!

9. Choose smart storage options.

While storing woollen and natural fibred clothes in plastic boxes and resealable plastic bags is a good idea, you have to 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.

10. Moths and Light

Clothes Moths hate light and movement, so keep your wardrobes open, air it out often, and shuffle your clothes around regularly.

11. 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 cannot stand, and may be fatally toxic to them. Some popular products include mothballs, moth crystals, essential oils as well as cedar wood products.

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 will be able to save your clothes, carpets, and other furniture pieces from further damage.

Summary and other suggestions are :-

- Turn off the heating as soon as possible and open your windows to get some fresh air in
- 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.
- 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.
- 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 4: Moth deterrents and how they work

It is one thing to proactively clean your kitchen and your closet, store foods properly, and wash 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 clothes moths;

Pheromone Moth Traps

Pheromone moth traps are actually an attractant but you could class them as a type of moth deterrent as eventually they will reduce the numbers. They work by releasing female pheromones in the air which attracts and lures adult male moths.

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 or not there is a presence of occupying moths in your house and can 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.

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 smell of cedar wood is only effective in killing young larvae. It has no effect to moth eggs and older larvae. Additionally, when the scent of the wood fades, it may stop working in repelling larvae.

There are some ways, however, in replenishing 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 couldn't stand.

If you own a cedar chest, it can be a great place to store your woollen clothes and other clothing articles. However, think of it as an airtight storage container — store only clean fabric inside and wrap them in clean cotton cloth first before storing.

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 along with your clothes. They release fumigant gas with a specific smell that are harmful to moths and insects, and thereby, killing them after inhaling it.

Whilst they sound so convenient, you have to understand that they are also 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! Moth balls are extremely toxic to animals so if you have a furry friend that is an inquisitive little so 'n' so then I would probably not advocate using 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

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 above.

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.

The next step is to follow the tips, tricks, and strategies listed in the book in order to eliminate these nasty pests from your home and prevent them from returning with their mates. It may be difficult in the beginning, but just think of how better and healthier your home will be if you make the change now.

Again, thank you for your purchase and good luck!

Ruth and Alan

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!).