Your flea-control checklist

A practical sequence for pets, the home and follow-up. Tick off the steps that apply to your household. Product labels and your veterinarian's advice determine the treatment details.

1. Confirm the problem

- ☐ Look for live fleas or flea dirt with a comb. Itchy marks alone do not identify the pest.
- ☐ Check animal resting sites. If there are no pets, consider previous animals, visiting pets or rodent activity.
- ☐ Keep a specimen or clear close-up for identification if you are unsure.

2. Coordinate pet care

- ☐ Choose treatment for the exact species, age, weight and health of each animal. Ask your veterinarian if uncertain.
- ☐ Follow the product dose and interval. Check before combining a shampoo, collar, tablet or spot-on.
- ☐ Never use a dog-only product on a cat. Keep premises pesticides off animals and human skin.
- ☐ Use a comb to monitor adults. Seek veterinary care for weakness, pale gums, wounds or severe itching.

Avoid common shortcuts

- ☐ Do not feed garlic or add vinegar to drinking water for flea control. Do not dust pets with household powders.
- ☐ Do not put flea collars, sprays or powders inside the vacuum. More product or an early repeat dose is not better.

3. Clean the main resting sites

- ☐ Vacuum carpets, upholstery, edges and accessible cracks regularly, focusing on where animals spend time.
- ☐ Empty the vacuum or dispose of sealed bags securely outside, following the machine instructions.
- ☐ Wash suitable bedding and covers with detergent. Use the hottest wash and drying settings the care label permits.
- ☐ Steam only compatible material and allow full drying. Never direct steam at a person or animal.
- ☐ If a premises product is needed, use the exact labelled pest, site, preparation and re-entry directions. Avoid powders on pillows or sheets.

4. Check outside sources

- ☐ Focus on shaded animal resting spots and relevant debris or access points rather than automatically spraying the entire lawn.
- ☐ Get coordinated advice before disturbing an infested rodent or wildlife nest. Follow local animal-control requirements.

5. Follow up

- ☐ Record products, dates and live sightings. Protected flea stages may emerge after treatment begins.
- ☐ Continue cleaning and the labelled pet-treatment schedule. Ask for advice if activity fails to decline.
- ☐ Use a licensed pest professional for a persistent infestation or an unidentified source. Keep their preparation and follow-up plan.

Further guidance: CDC: getting rid of fleas | FDA: pet-product safety
For persistent human skin symptoms or illness after exposure, seek healthcare advice.