



THE FOCUS

MONTHLY NEWS LETTER



The Expensive Rats.....

Rats and mice attack our food in the farm fields, orchards and livestock facilities, during its processing, storage and transport, and while it is in our supermarkets, restaurants, and homes. They spoil tones of food by contaminating it with their urine, feces, or fur. The loss of food to rodents worldwide is staggering. Experts estimate that rats and mice destroy enough food each year to feed 200 million people.

In our buildings, rodents damage doors, floors, ceilings, and walls as a result of their burrowing and gnawing activity. They also regularly gnaw on various pipes and electrical wiring in explosions, indoor flooding, fires, equipment, malfunctions,, and power shortages. And in today's high-tech production, rodents are capable of



abruptly causing millions of dollars in production loss due to shutdowns of complex computer systems when they gnaw, nest, or excrete, wastes inside computers and other highly sensitive equipment. Rodents have been responsible for, or implicate in, the spread of many diseases such as Plague, Hanta Virus, Lassa fever, Rat bite fever, Salmonellosis, Leptospirosis etc to people and domestic animals.

In addition to the direct economic losses and health associated costs, rodents are also expensive to control. In the United States alone, conservative annual estimates place the cost of rodent pest management programs to be well over \$120 Million dollars. Worldwide, the cost of rodent control is probable in the billions.

Health at Risk



Mice carry a wide range of food – borne pathogens and can spread these on work surfaces as they move in search of food. In the opinion of many experts, they should be treated as public-health and not nuisance pests.

According to the WHO's LARES survey, which looked at Health and Housing in Eight European cities, if premises are infested with mice, residents are over twice as likely to suffer from depression and nearly twice as likely to suffer from migraine. Where the infestation is in a block of flats, residents are over 8 times more likely to suffer from migraine.

Recent research at Sanford university, which has been part funded by the CIEH, has also shown that over 50% of mice may be infected by Toxoplasma gondii, which turn, can infect cats, who can transfer the disease to humans. Toxoplasmosis is particularly dangerous to pregnant women because it can cause miscarriage and birth deformity.

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Edited By:

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Most Interesting Facts



- The name mouse comes from "mus", a Sanskrit word that means thief.
- A mouse's heart beats 570 times per minute when the mouse is resting, and canbeat 800 times per minute when it is excited. A human heart only beats at about 75 beats per minute, when at rest
- Mice do not tolerate temperature extremes. A mouse will die from heat stroke at 98.6 degrees Fahrenheit, which is normal body temperature for a human
- You can keep mice on a table without a cage because mice are afraid to jump off high vertical drops
- Mice can make their own vitamin C.

Believe it or Not...

One rat onboard a commercial airplane recently cost an airline company nearly \$ 1 Million dollar to eliminate t he rat.

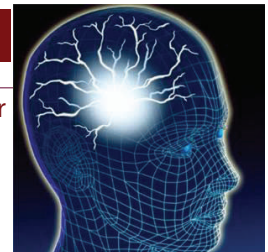
DISEASES DIRECTLY TRANSMITTED BY RATS



Disease	Agent	How the Disease Spreads
Hanta pulmonary syndrome	Virus	Breathing in dust that is contaminated with rodent urine or droppings
Hemorrhagic fever	Virus	a. Breathing in dust that is contaminated with rodent urine or droppings b. Direct contact with rodents or their urine and droppings
Lassa fever	Virus	a. Eating food that is contaminated with rodent urine or droppings b. Breathing in dust that is contaminated with rodent urine or droppings
Leptospirosis	Bacteria	Eating food or drinking water contaminated with urine from infected animals
Plague	Bacteria	a. Bite of an infected flea b. Direct contact with infected animal
Rat bite –fever	Bacteria	Eating or drinking food or water that is contaminated by rats feces
Salmonellosis	Bacteria	Eating or drinking food or water that is contaminated by rats feces

HEALTH CORNER

TIPS FOR CONCENTRATION



Concentration is an important tool in the school and workplace. Learning to improve your concentration will be the key to accomplishing more tasks within a shorter amount of time.

Here are some tips that you can use to improve your concentration skills.

- * Have the passion for your work, from here stems the process of concentration.
- * Set aside a space solely designed for a specific task. If that area is for work, then don't use it for other things like eating or taking your coffee break.
- * Avoid all unnecessary distractions that will affect your chances of concentrating.
- * Prepare all the materials you will need in your workplace. Distractions can stem from not having your needed materials in the workplace.
- * Establish a specific goal for your production and allot a manageable period of time to finish your work.
- * Pressure yourself by setting appointments and other distractions that will force you to work more efficiently during the short span of time you allotted.
- * Take minimal breaks after spending your time focusing on the work at hand.
- * Schedule your work at a time when your energy is high.
- * Have another person work with you. Choose someone who has a respectable working habit and who will not be a distraction to you in order to force yourself to pay full attention to your work.
- * Don't expect to work more than what you can accomplish. There are certain boundaries in your ability to concentrate.

The fully loaded Bag Piper

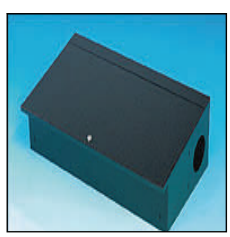


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