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Silverfish Help sheet

Silverfish are household insect pests with elongated, slim bodies covered in scales. They lack wings and have long antennae at the front and three tail-like appendages at the rear. Growing up to 30mm in length, they exhibit a silvery-blue colour resembling fish scales. These nocturnal insects move swiftly when disturbed and are harmless to humans.



Silverfish have a diverse diet and consume starch, cellulose, and sugar, devouring various items such as books, wallpaper, carpets, fabrics, as well as coffee, sugar, and food debris. Although these creatures thrive in dark and moist environments, they can travel a certain distance in search of food, once they find a food source, they typically stay close by to it.

MONITORING

If Vergo has provided sticky pads visually inspect them for activity. If the sticky pad captures more than five silverfish please contact Vergo for pest assistance.

Did you know...

Silverfish require damp and humid conditions and **thrive in kitchens, bathrooms,** and other dark damp isolated areas.



WHAT YOU CAN DO TO PROACTIVELY HELP PREVENT/CONTROL SILVERFISH

- ▶ Ventilate areas with high humidity
- ▶ Try to avoid drying clothes in closed environments as this increases moisture
- ▶ Fix any leaks or plumbing issues to prevent moisture buildup
- ▶ Regularly declutter and organise areas like lofts, basements, and wardrobes
- ▶ Maintain good housekeeping removing dust and debris
- ▶ Inspect your property and seal cracks and crevices
- ▶ Store food in sealed containers

At Vergo, we will tailor our solution to meet your needs



If you have an issue with silverfish, call **0344 335 0330** or visit **vergo.uk**

The **future** of pest management