

SILVERFISH AND GREY SILVERFISH



SILVERFISH

WHAT ARE SILVERFISH?

Silverfish are a species of wingless insects measuring 12-25 mm.

A silverfish lives 3-4 years, which is a considerable age for insects.

Many believe that silverfish enter the home from drains, but this is a misconception. Silverfish often come with goods and products that we bring with us into the home, which is why Balder cannot offer or cover the cost of silverfish control.

WHERE DO SILVERFISH LIVE?

Silverfish prefer warm, moist environments and thrive in healthy homes predominantly in the bathroom and to a lesser extent in the kitchen.

They can't reproduce if it's either too cold or too dry, and at our latitude, they are practically non-existent outside of living and stable areas.

Silverfish prefer dark environments and are often seen darting across the floor when the bathroom light is switched on.

WHAT DAMAGE CAN SILVERFISH DO?

Silverfish are completely harmless to humans and animals. They should therefore only be considered pests to the extent that they can cause damage to, for example, books, stamps, or photos.

SHOULD YOU FIGHT SILVERFISH?

Most homeowners have a small population of silverfish in the bathroom, which is only natural as there is heat, periodic high humidity, and a small amount of food. Since silverfish are largely harmless, there is no need to launch a targeted

control with e.g. poison.

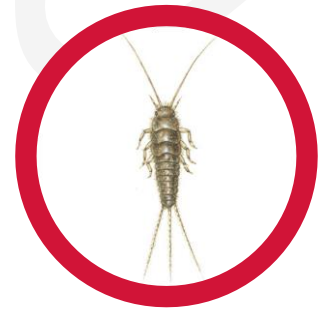
HOW DO YOU TO FIGHT SILVERFISH?

If you want to fight silverfish, the by far best solution

- is to lower the humidity in the room in question, e.g. by ventilating better.

HOW DO YOU GET RID OF SILVERFISH?

- Air out 2-3 times a day creating a draught for 5-10 minutes. Silverfish prefer warm, humid environments.
 - Vacuum cracks and crevices and clean thoroughly. Silverfish feed on, among other things, soap deposits in shower cubicles and washbasins, flour, crumbs, mould, and mildew.
 - Avoid excessive mopping, as silverfish love moisture.
 - Fight silverfish with bug spray
 - Silverfish are sensitive to most common types of insect sprays you can buy at the DIY or grocery store.
 - Control with bait cans
 - You can buy silverfish bait cans that work in the same way as ant bait cans. In many cases, this is preferable to bug spray, as you can more easily avoid spreading the poison to areas where the bugs don't exist.
 - Use insect powder against silverfish
 - Silverfish can be controlled with insect powder that is blown into cracks and crevices, pipes and wherever else the little critters hang out.
- If none of these measures work, try spraying with regular bug spray or insect powder.



GREY SILVERFISH

WHAT ARE GREY SILVERFISH AND HOW GREY SILVERFISH DIFFER FROM SILVERFISH?

The grey silverfish is a small insect that resembles the silverfish, but has a number of characteristics that distinguish it from its relatives:

- A full-grown grey silverfish is slightly larger than a silverfish and usually measures up to two centimetres.
- Like the silverfish, the grey silverfish has three tail threads at the back, but they are longer than those of the silverfish. The tail threads can grow longer than the body itself.
- The grey silverfish is not as shiny as the silverfish but instead has a lighter, brownish body with a 'beard' on it.
- Grey silverfish have strong bristles on the front of their head.
- While silverfish only crawl at ground level, the grey silverfish is better at climbing and can therefore also be found on walls, cupboards, and shelves.
- Grey silverfish are more prolific than regular silverfish and are therefore often found in larger numbers at a time. The small bug has a lifespan of around seven years.

ARE GREY SILVERFISH DANGEROUS TO HUMANS AND ANIMALS?

Grey silverfish are not dangerous to humans or animals. It can damage your furniture, and it can feel annoying and invasive with a large swarm of insects crawling around or falling off your bookshelf.

Unlike the silverfish, the grey silverfish does not need a humid environment, but thrives in temperatures of 20-25 degrees, so it can generally be found throughout the house. Lowering the temperature to 18-19 degrees can have a positive effect in the fight against grey silverfish, along with cleaning, as you can read about below.

Source: Bolius.dk and videnskab.dk

WHAT DAMAGE CAN GREY SILVERFISH DO?

Grey silverfish typically gnaw on paper, so you may experience damage to books, wallpaper, paintings, and old

LP covers. Also, the grey silverfish likes to live in dark environments and enjoys starchy foods. This means that your kitchen cabinets and dry goods are not safe from insects.

Although the small bug itself is not dangerous to eat, you should always throw away any food you find grey silverfish in, as the insect may have crawled in your pipes and drains and can bring bacteria with it.

WHAT DO GREY SILVERFISH EAT?

Grey silverfish generally eat the same food as humans and livestock. They are particularly fond of foods such as flour, cereals, breadcrumbs, and sugar.



HOW DO I PREVENT GREY SILVERFISH FROM ENTERING MY HOME?

It's difficult to avoid inviting grey silverfish inside, as they come with boxed goods such as food, clothes and shoes, which is why Balder cannot offer or cover the cost of silverfish control. Avoid bringing boxes inside if possible, but if possible, open the boxes outside and then put the cardboard boxes in a container for cardboard.

In the first stages, before the insect is fully grown, it is only around 1.5 mm long and barely visible. At the same time, the grey silverfish is very good at hiding. Take a good look at the things you bring into your house from the outside that may be obvious

hiding places for the little critter. In particular, check the following items for grey silverfish:

- Packaged cardboard boxes with e.g. clothes you buy online
- Furniture
- Supermarket goods
- Moving boxes
- Pallets

GREY SILVERFISH CONTROL - HERE'S HOW

Unlike the regular silverfish, which can often be eliminated with a good cleaning, it can be difficult to get rid of the grey silverfish once it's inside. But try one or more of these methods:

- In the average home, a good vacuuming is one of the most effective things you can do. You simply need to keep your home free from dust and other small particles that they can feed on, so keep your home clean and vacuum thoroughly and often. A good tip is to make sure you thoroughly vacuum all corners and especially cracks and crevices. Grey silverfish are nocturnal creatures that typically hide in small, dark crevices during the day. Wipe down panelling and shelving often and vacuum extra thoroughly in cracks and crevices.

- If you find yourself vacuuming grey silverfish, empty the vacuum cleaner / vacuum cleaner bag outside.
- Avoid leaving food scraps lying around – wrap them well, e.g. in airtight containers.

If none of these measures work, try spraying with regular bug spray.

TESTING A TRAP AGAINST GREY SILVERFISH

A so-called glue trap with cricket flour can be a potential weapon to fight grey silverfish in your home.

Glue traps catch grey silverfish and other small insects and are available online and in DIY stores.

Cricket flour is crushed crickets that attract grey silverfish.

However, the Norwegian Institute of Public Health has conducted a study/test of these traps against grey silverfish and the conclusion was that glue traps with cricket flour do not reduce the number of grey silverfish very much, so cleaning is the best recommendation.