

# Rodents Founding Nesting in Attics in Hampton Roads

*Universal Insulation Doctor Warns Hampton Roads Homeowners About Rodents Nesting in Attics and the Rising Need for Contaminated Insulation Removal*

VIRGINIA BEACH, VA, UNITED STATES, November 14, 2025 / EINPresswire.com/ -- Universal Insulation Doctor, a trusted BBB Accredited insulation company serving all of Hampton Roads, is alerting homeowners to a growing concern this season: [rodents](#) nesting in attics and leaving behind contaminated insulation that can pose serious health and structural risks.

As temperatures drop, rats, mice, and squirrels look for warm, quiet places to build nests—making attics in Virginia Beach, Chesapeake, Norfolk, Newport News, Hampton, Suffolk, Portsmouth, and Williamsburg prime targets. Unfortunately, these rodents don't just bring noise and damage. They leave behind urine, droppings, and bacteria that soak into insulation and create unhealthy conditions for families.

"Most homeowners don't realize rodents can completely destroy [attic insulation](#) in a short period of time," said Tanner Baine a spokesperson for Universal Insulation Doctor. "Once contamination occurs, simply removing the pests isn't enough. The insulation must be properly removed, sanitized, and replaced to ensure the home is safe again."

Universal Insulation Doctor specializes in contaminated [insulation removal](#), attic sanitation, and high-efficiency insulation installation, giving Hampton Roads homeowners a complete solution to restore energy efficiency and indoor air quality. With over 25 years of experience and



Rodent Pest Control in the Fall

thousands of local homes serviced, the company's trained technicians follow strict safety standards and use specialized equipment to remove insulation damaged by rodents, moisture, or debris.

Common signs of rodent-related insulation contamination include:

- \* Strong odors coming from the attic
- \* Noises such as scratching or scurrying overhead
- \* Uneven temperatures from room to room
- \* Visible droppings or nesting materials
- \* Higher than normal energy bills

Universal Insulation Doctor encourages homeowners to schedule an inspection at the first sign of rodent activity. Early intervention can prevent costly long-term damage, including wiring destruction, compromised insulation performance, and hazardous air contamination.



Rodent Entry Point in Vent

"As a local family-owned company, protecting the families in our community is our highest priority," Baine added. "Contaminated insulation removal is not a simple DIY task—it requires proper equipment, training, and safety procedures. We are here to help homeowners restore their attic to a clean and healthy condition."

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Rodents nesting in attic insulation in Virginia Beach, Chesapeake, Portsmouth, Norfolk and the rest of Hampton Roads can effect a homes air quality if not cleaned up in a timely manner."

*Tanner Baine*

Universal Insulation Doctor provides attic insulation, crawl space insulation, contaminated insulation removal, attic vacuum services, Pest Guard Insulation, and other home-efficiency services throughout Hampton Roads.

About Universal Insulation Doctor:

Universal Insulation Doctor is a BBB Accredited, family-owned insulation company serving Virginia Beach, Chesapeake, Norfolk, Newport News, Hampton, Suffolk, Portsmouth, and Williamsburg. With a long-standing

reputation for quality and customer care, the company specializes in insulation upgrades, removal of contaminated materials, energy-efficiency improvements, and home comfort solutions.

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Rodent Infestation In a Homes Air Ducts

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