



## Cockroaches

Did you know that, depending upon the level of exposure, cockroaches can worsen asthma symptoms in children more than furry pets or dust mites can? Proteins, called allergens, found in cockroach feces, saliva, and cast off skin can cause allergic reactions, or trigger asthma symptoms, in some individuals.

No risk, effective cockroach management requires that you remove clutter from your home thus removing cockroach hiding places and that you keep open areas free of food and water.

- NEVER leave food or garbage out.
- Store all food in airtight containers.
- Remove all food crumbs and/or spilled liquids right away.
- Wash dishes as soon as you are done using them.
- Keep counters, sinks, tables and floors clean and clutter free.
- Fix plumbing leaks and other moisture problems.
- Seal cracks or openings around or inside cabinets, giving special attention to the area below sinks.
- Remove piles of boxes, newspapers and other hiding places for pests from your home.
- Store garbage in containers with lids that close securely, and remove garbage daily.
- Try using poison baits, boric acid or traps first before using pesticide sprays. (Be careful of what you leave out when there are small children around.)
- If you decide to use sprays:
  - Spray the infested area only
  - Do not spray where you prepare or store food, or where young children play, crawl or sleep.
  - Follow label instructions.
  - Make sure there is plenty of fresh air when you spray.
  - Keep people with asthma out of the room during spraying.
  - Air out the room after spraying and before letting those with asthma return to the room.
  - Consider using a licensed pest control company

Good cleaning practices are essential to eliminate this pest problem.