

cockroaches: tips for controlling cockroaches in the home



Cockroaches in the home are not only an unsightly pest, they are a health risk to children and

others who live there.

Cockroach antigens are proteins found in the insect's feces, saliva, shedded cuticles and eggs. They can trigger allergic reactions and asthma episodes when they become airborne and are inhaled by humans. A large study supported by the National Institute of Allergy and Infectious Diseases (NIAID) has conclusively demonstrated that the combination of cockroach allergy and exposure to the insects is an important cause of asthma-related illness and hospitalizations among children in U.S. inner-city areas.*

Simple steps to control cockroaches in your home:

- Limit the spread of food around the house. Keep food out of bedrooms.
- Keep food and garbage in closed containers. Never leave food out in the kitchen.
- Mop the kitchen floor and wash countertops at least once a week.
- Eliminate water sources that attract cockroaches, such as leaky faucets and drain pipes.
- Plug up crevices around the house through which cockroaches can enter.
- Try using solid poison baits, boric acid, or traps first before using pesticide sprays.

- If sprays are used:
 - Limit the spray to the infested area.
 - Do not spray where you prepare or store food, or where young children play, crawl, or sleep.
 - Carefully follow instructions on the label.
 - Make sure there is plenty of fresh air when you spray, and keep other people out of the room while spraying. After spraying, the room should be thoroughly aired out.

For further information:

- American Lung Association® of the Upper Midwest Health House®: www.HealthHouse.org
- American Lung Association: www.LungUSA.org
- Environmental Protection Agency (EPA): www.epa.gov/iaq/asthma/triggers/pests
- Local Department of Health
- National Institute of Allergy and Infectious Disease: www.niaid.nih.gov/default

These tips are brought to you by the American Lung Association® of the Upper Midwest Health House® program. For more information on creating a healthier home environment, visit our website at www.HealthHouse.org.



Raising the Standards for Healthier Indoor Environments.

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