



Cockroaches

Did you know?

Cockroaches are common indoor pests and can cause asthma and allergy symptoms.

Action Plan

- Seal cracks and crevices with caulk so they cannot enter.
- Take away their food and water supply:
 - Don't leave food out.
 - Only leave pet food out while pets are eating.
 - Store food in airtight containers.
 - Clean all food crumbs or spilled liquids right away.
 - Wash dishes after use. Rinse recyclable containers.
 - Repair water leaks promptly.
 - Store garbage in a closed bin and remove daily.
- Decrease their hiding places by removing clutter.
- Use bait-traps or sticky traps instead of pesticide spray.

[more](#) →

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Resources

National Pesticide Information Center (NPIC) provides information on safer pest control. Visit their website or call their free hotline:

1-800-858-7378
npic.orst.edu

To learn more about safer pest management:

epa.gov/asthma, select "Asthma Triggers: Gain Control."

health.ny.gov, search "Pesticides" and select "Pests, Pesticides & Repellents" from the search results.

Rent supplies from the Tool Library to help keep your home clean! thetoollibrary.org/tools

For more information, visit: nyscheck.org/rxs

