



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](#) →

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.

nyc.gov, search "IPM Toolkit" and select "Integrated Pest Management Toolkit" from the search results.

Landlords are required by New York City law to keep your home free of mold and pests. This includes repairing conditions that cause these problems (such as holes/cracks and water leaks).

Call 311 if your landlord does not fix these issues. For more information, visit nyc.gov/health and search "Local Law 55."

For more information, visit: nyscheck.org/rxs

