



# 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

By NYC law, landlords must keep homes free of pests and mold. They must fix problems that cause pests, like leaks, holes, and cracks.

### Renters:

Ask your landlord to fix the problem. If they do not, call **311** or use [311 online](#).

To learn more, visit [nyc.gov/health](https://nyc.gov/health) and search “Local Law 55.”

### NYCHA tenants:

Report pest problems and request treatment using:

- [MyNYCHA app](#)
- **Customer Contact Center:** 718-707-7771 (open 24/7)
- [NYCHA walk-in center](#)

[JustFix.org](#) can help you:

- Keep records of housing problems
- Send free certified letters to landlord to request repairs
- Learn about tenant rights
- Find information about your building and landlord

The **National Pesticide Information Center (NPIC)** shares information about safer pest control.

Call **1-800-858-7378** or visit [npic.orst.edu](https://npic.orst.edu).

For more information, visit: [nyscheck.org/rxs](https://nyscheck.org/rxs)



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[NYSCHECK.ORG](https://nyscheck.org)

New York State **Children's**  
Environmental **Health Centers**

