



# 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](http://npic.orst.edu)

To learn more about safer pest management:

[epa.gov/asthma](http://epa.gov/asthma), select "Asthma Triggers: Gain Control."

[health.ny.gov](http://health.ny.gov), search "Pesticides" and select "Pests, Pesticides & Repellents" from the search results.

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

