



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](#) →

Signature _____

Date _____

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

For local resources regarding safer pest management:

New York City	nyc.gov/doh (search "pests")
New York State	health.ny.gov/environmental (click on "Pest & Pesticides")
New Jersey	nj.gov/health/ceohs/ (click on "Toolkit for Keeping Your Child Care Center Healthy")
Puerto Rico & U.S. Virgin Islands	Visit icahn.mssm.edu/research/pehsu/us-virgin-islands-puerto-rico for resources tailored to Puerto Rico and the U.S. Virgin Islands

For more information, visit icahn.mssm.edu/research/pehsu/information