



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 immediately.
 - 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](#) →

NYSCHECK.ORG

Resources

To learn more about safer pest management:

nyc.gov/doh and search "Pest Control Information for Building Residents and Tenants."

nyc.gov/doh (search "Pest Control," click the "Pest Control" page, and click "How to Control Pests Safely: Getting Rid of Roaches and Mice.")

The Department of Environmental Conservation offers a database to search registered pesticide business and agencies: dec.ny.gov/nyspad

For more information, visit: nyscheck.org/rxs

To request an environmental telehealth consultation with one of the experts at the Children's Environmental Health Center of the Hudson Valley, please call 914-493-7585.

