



# 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](#) →



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## Resources

To learn more about safer pest management:

[www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control)

[www.health.ny.gov/environmental/pests/pesticide.htm](http://www.health.ny.gov/environmental/pests/pesticide.htm)

[www1.nyc.gov/assets/doh/downloads/pdf/pesticide/ipm-toolkit.pdf](http://www1.nyc.gov/assets/doh/downloads/pdf/pesticide/ipm-toolkit.pdf)

National Pesticide Information Center (NPIC) provides information on safer pest control. Visit their website:

[npic.orst.edu/](http://npic.orst.edu/) or call their hotline: 1-800-858-7378

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

