



Cockroaches or “Roaches” Can Trigger Asthma

- Roach droppings and body parts are asthma triggers.
- Roaches are a more common allergen than dust mites.
- Roaches are often found in homes in the city.
- Roaches live, grow and spread in warm areas.
- Cockroaches live on food and move very quickly in very small spaces.
- Roaches can be found in food, water, newspapers, paper grocery bags, and other household items.



Proper food storage to keep cockroaches away

- Cover and put away all food in cabinets or the refrigerator.
- Make sure that food is in air tight containers.
- Do not leave out food, garbage, or pet food.
- Vacuum all rooms where food is eaten and crumbs are left behind.



see page 2 for how to get rid of cockroaches

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How to get rid of cockroaches

- Fix leaking or dripping faucets.
- Seal cracks and gaps where roaches can get in.
- Vacuum after killing roaches. Roach dust is left behind when roaches are killed and this dust is an asthma trigger.
- Before using pest sprays, try using poison baits, boric acid, or traps.
- If you exterminate or spray, leave the house for several days and air out your home or apartment when you come back.



Work together to get rid of roaches

If you live in an apartment or row house, talk with your landlord, tenants group, and neighbors to work together to get rid of the roaches.



**For questions and resources, call 1 (833) 327-8462.
www.SouthSideKidsAsthma.org**