

Cockroach Allergen and Asthma

Additional History Questions to Supplement the History Form:

- Approximately how many cockroaches do you see in your home on a daily basis?
- Do you see evidence of cockroach droppings?
- How do you get rid of the cockroaches in your home?
- Does your child's school (or other places she/he spends time) have cockroaches?

Possible Interventions:

Eradication can be very difficult, especially in apartment buildings, and it is often temporary. Roaches follow food and water sources in your house. In general, the **least toxic methods of roach control should be employed first.**

- **Clean up all food items/ crumbs/ spills as soon as possible**
- **Store food and trash in closed containers**
- **Limit spread of food around house, especially bedrooms**
- **Fix water leaks under sinks**
- **Mop kitchen floor at least once a week**
- **Clean counter tops daily**
- Take garbage out daily
- Check for and plug up crevices outside your house that cockroaches may enter
- **Use the integrated pest management (IPM) approach for extermination — least toxic methods first**
- Use boric acid powder under stoves and other appliances
- Use bait stations and gels. It is highly recommended to use a professional, licensed exterminator.
- If you choose to apply the pesticides yourself, read the product label and follow all directions carefully
- Avoid using liquid sprays inside the house, especially near places children crawl, play, or sleep
- **Never attempt to use industrial strength pesticide sprays that require dilution**

Follow-Up / Notes: