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:

Reference: Environmental Management of Pediatric Asthma: Guidelines for Health Care Providers