Prescriptions for Prevention

Cockroaches

Did you know?

Exposure to cockroaches can cause asthma and allergy symptoms.

Action Plan

- Seal cracks and crevices with caulk so cockroaches 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.
- For more information about how cockroaches trigger asthma and impact health, click this link or scan the QR code:

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia

Prescriptions for Prevention

Resources

Safe Control of Cockroaches

For more information about safer ways to control cockroach infestations within your home, click **this link** or scan the QR code:

National Pesticide Information Center

For any inquiries about pest control, call the NPIC's free hotline at **1-800-858-7378**, click **this link**, or scan the QR code to learn more:

Energy Coordinating Agency Weatherization

This weatherization service includes using sealants and caulk to close holes and may be helpful for cockroaches in addition to decreasing your energy bill. **Click here** or scan the QR code to learn more:

Controlling Pests in the Home and Garden

For more general information about how to control pests safely within your home and/or garden, **click this link** or scan the QR code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 **prcceh@pennmedicine.upenn.edu**
Website: **prcceh.upenn.edu**

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