



Cockroach Avoidance Tips

Cockroach droppings contain an allergy protein which is a major trigger for asthma and allergies.

Follow these steps to minimize exposure to the cockroach protein.

1. Block all areas through which roaches could enter your home including wall cracks, crevices and windows.
2. As roaches need water to survive, fix and seal all leaky faucets and pipes.
3. Have an exterminator go through the house to eliminate any remaining roaches.
4. Keep food covered and put pet food dishes away after pets are done eating.
5. Vacuum and sweep the floor after meals.
6. Take out garbage and recyclables.
7. Use lidded garbage containers in the kitchen.
8. Wash dishes after use and clean under stoves, refrigerators and toasters where crumbs can collect.
9. Wipe off stove and other kitchen surfaces regularly.

If you have questions about Cockroach Avoidance Tips, feel free to contact our office at 614-760-0099. One of our staff would be happy to answer your questions about these topics and the different treatment options offered at Allergy & Asthma Clinics of Ohio.