



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:





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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:

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