

Cockroaches: Allergen Overview

Did you know that you are more likely to have dust that contains cockroach particles if you live in an older, multifamily home?

If you live in the southern United States, you are more likely to have these types of allergens in your home too.

The trick is you do not have to actually see cockroaches to have a problem. You will likely have the biggest issue in your kitchen, but you could have problems in other rooms of the house, as well.

Tips for Managing Cockroaches

Your best bet is to decrease the amount of food you leave out in the home. You also might want to keep an eye out on how many damp places there are in the home because cockroaches thrive off of food and moisture. The following tips help with those issues:

- **Do the Dishes!** Avoid those high pile of dishes. Keep the kitchen clean and wash dishes as soon as you are finished eating.
- **Keep Food Safe and Sound!** Make sure all your food is stored in sealed containers and try not to leave food out.
- **Take Care of Business!** Set roach traps along the walls, in cabinets and in the pantry. Be sure to follow the manufacturer's instructions.
- **Take Out the Trash!** Empty garbage and recycle bins frequently.
- **When in Doubt, Seal It!** Seal cracks in your home to prevent infestation.
- **Wipe It Up!** Look out for wet spots throughout the home and wipe up this moisture whenever possible.

Remember to consult your allergist if you suffer or think you suffer from cockroach allergies.

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