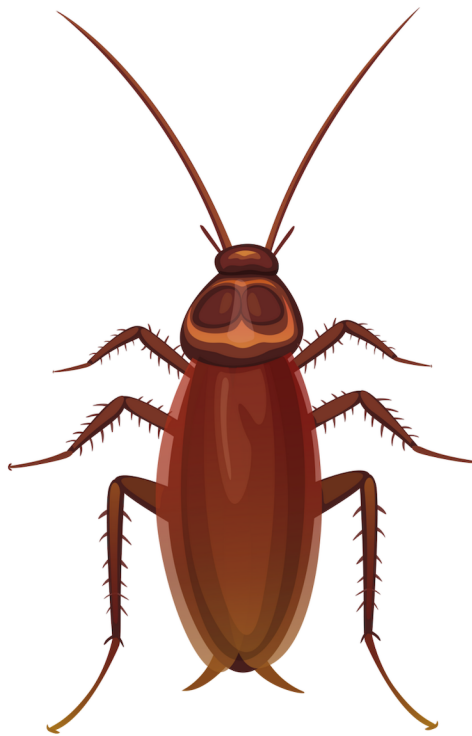


Cockroach Allergy

Overview

Cockroaches are now recognized as being important Indoor allergens, along with house dust mites and domestic pets. Cockroach allergens are derived from the faeces, saliva and body parts of these insects. They can be found in common house dust.



People who have tested positive to cockroach allergen should take steps to reduce the concentration of these allergens in their homes and workplace.

Reduce cockroach survival

Cockroaches requires food, water and hiding places to survive.

Food Sources

Food crumbs, paints, wallpaper pastes, and book bindings.



Water Sources

Leaking pipes, standing water, any moist items or areas.



Hiding Places

Cracks, crevices, cardboard boxes, newspaper, and grocery bags.



Ways to Reduce Cockroach Allergens:

An important key to pest management is to free your home of cockroach hiding places and to keep them from food and water.

- Do not leave food or garbage exposed.
- Store food in airtight containers.
- Clean all food crumbs or spilled liquids right away.
- Wash dishes as soon as you are done using them.
- Fix plumbing leaks and other moisture problems.
- Keep counters, sinks, tables, and floors clean and clear of clutter.
- Do not accumulate boxes, newspapers, and other items where cockroaches may hide in your home.
- Remove trash daily. Make sure trash in your home is properly bagged & secured before discarding.
- Pesticides are toxic for people as well as pests, try to use pest control methods that present the least risk, such as using poison baits, or traps first before using pesticide sprays.
- If sprays are used, limit the spray to the infested area.
- Do not spray where you prepare or store food or where young children play, crawl, or sleep.
- Make sure there is plenty of ventilation when spraying.
- People with asthma should be out of the room while spraying.
- After spraying, the room should be thoroughly aired out.
- You may want to call in the pest control expert if the infestation is heavy.



Contributed by Nursing

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of April 2024 and subject to revision without prior notice.



Scan QR
code to
download
e-brochure