

**KEEP IT PEST FREE**

# ASTHMA TRIGGER

## COCKROACH



- **Body parts and droppings from pests like cockroaches can trigger a severe attack due to a cockroach allergy.**

# ASTHMA ACTION STEPS



- **Do not leave food or garbage out.**
- **Store food in airtight containers.**
- **Clean all food crumbs or spilled liquids right away.**
- **Try using boric acid powder (for ants/cockroaches) or traps.**
- **Caulk and seal all holes and cracks.**