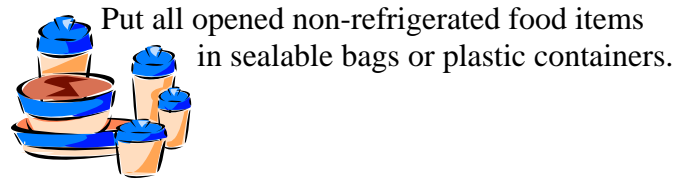


Goals for Getting Rid of Cockroaches

Limit eating to kitchen/
dining room area.



Put all opened non-refrigerated food items
in sealable bags or plastic containers.

Vacuum areas with carpet every week with a
vacuum cleaner. Damp mop areas
without carpet.

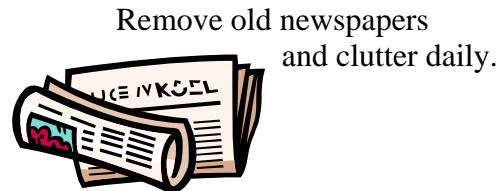


Clean oven, broiler, and drip pans
in stove. Clean spills on top of
stove daily.



Contact building owner about
cockroach problem.

If you notice cockroach droppings in the bathroom,
clean cabinets under bathroom sink.



Remove old newspapers
and clutter daily.

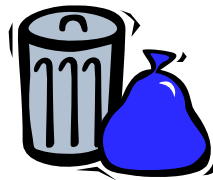
Repair leaks



and dripping faucets.

Take garbage out

or seal daily.



Use traps or call an exterminator.
Be sure the exterminator knows a
person in the house has asthma.

Clean food crumbs and spills
from drawers, shelves, counters
and floors in the kitchen daily.



Wash blankets and bed
sheets every two weeks
in hot water.



Keep mattress covers
on your bed.

