

Asthma Management: The Cockroach Allergen

Now, a health minute.

Cockroaches and their droppings are an allergen that can affect people with asthma and cause flare-ups.

Cockroaches are common all over the country but prefer warm climates.

If you or someone you live with has asthma, clean under your appliances and sink often, where roaches like to hide out.

To avoid attracting cockroaches, keep your food in secure containers and secure your trash, too.

Keep your kitchen counters free of crumbs and clutter.

Fix any leaky pipes or faucets. And seal any cracks in walls, windows or doors so cockroaches can't get in the house.

To kill roaches, try using traps or baits containing boric acid.

Limit your exposure to cockroaches to help you avoid a possible trigger for your asthma symptoms.