Get Rid of Roaches – Breathe Easier!

Roaches can trigger asthma attacks.

Roach sprays don’t work. Sprays can make asthma worse.
Sprays can be harmful to health.

Instead of spraying,
1) Make changes to your home to starve-out, dry-out and keep-out roaches.
2) Use safer pest control products and methods.
Make changes to your home to **starve-out**, **dry-out** and **keep-out** roaches.

<table>
<thead>
<tr>
<th>Starve Them Out</th>
<th>Dry Them Out</th>
<th>Keep Them Out</th>
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</thead>
<tbody>
<tr>
<td>Roaches like to stay in places where they can find food. If they can't find food they probably will leave.</td>
<td>Roaches can't live without water to drink. Get rid of standing water all over the house.</td>
<td>Stop roaches from becoming a problem. Keep them out of your house.</td>
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<tr>
<td>- Keep drawers, cabinets and counter tops free of food and clutter.</td>
<td>- Fix leaky faucets and pipes.</td>
<td>- Keep your house clean and in order.</td>
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<td>- Clean up spills and crumbs.</td>
<td>- Always drain water from sink and bath after use.</td>
<td>- Put screens over vents and pipes that open to outside.</td>
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<td>- Seal bags and containers of food.</td>
<td>- Keep drains clear of water and garbage.</td>
<td>- Seal cracks and openings with caulk along baseboards, behind sinks, and around windows.</td>
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<td>- Cover trash. Don't leave food out overnight.</td>
<td>- Keep all areas of the house clean and dry, including the basement, kitchen, and bathrooms.</td>
<td>- Vacuum and mop your floors regularly.</td>
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</tbody>
</table>

![Cover Food](Image1.png) ![Fix Leaks](Image2.png) ![Clean up](Image3.png)

**National Pesticide Information Center 1-800-858-7378**
Developed by U.S. EPA Region 5, Waste, Pesticides and Toxics Division
Use safer and more effective pest control products - **borate powders** and **gel baits**.
Use small amounts. Place where children can’t reach.
Put where roaches hide and eat. Follow instructions on label.

**Borate Powders**
- Apply behind walls, shelves, sinks and cabinets
- Put where they won’t get wet
- Use a very light dusting. Seal in with caulk.

**Roach Baits**
- Gel bait
  It comes in a small syringe.
  Squeeze little dots at edges and corners in cabinets, under appliances and near plumbing.

- Bait Stations
  Place several small plastic stations in areas where you see roaches.
  Place along baseboards and in corners.

See How Baits Work ➔
How Roach Baits Work . . .

Roaches smell the bait.

Roaches eat the bait.
Poisoned roaches return home.

Poisoned roaches die and...
...Other roaches eat the dead roach.

Those roaches are poisoned and die too!