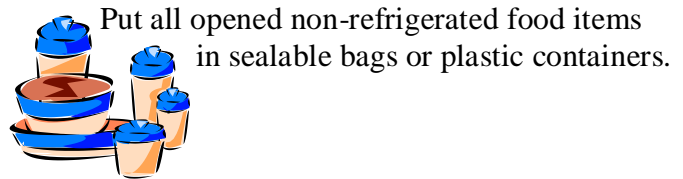


# Goals for Getting Rid of Cockroaches

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.

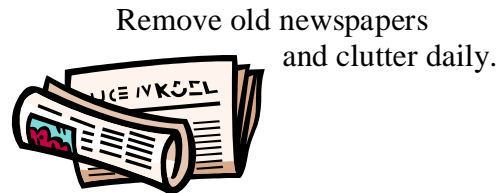


Clean oven, broiler, and drip pans  
in stove. Clean spills on top of  
stove daily.



Contact building owner about  
cockroach problem.

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



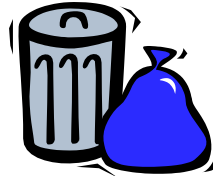
Remove old newspapers  
and clutter daily.

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.

