

# COCKROACH ALLERGENS CAUSE FOR CONCERN

**Of all the pests, cockroaches may be the most hazardous of all. They can spread up to 33 different kinds of bacteria, six kinds of parasitic worms and at least seven other kinds of human pathogens.**

They pose a serious risk as their droppings and shed skin lead to allergen accumulation, which in turn is known to trigger asthma attacks, especially in children. Cockroach allergens are responsible for numerous allergic reactions in humans. The protein tropomyosin has been identified as the asthmatic trigger.

There are about 4000 species of cockroach. Among the best-known are the American, German, Asian and Oriental cockroaches. Cockroaches are mainly nocturnal and will run away when exposed to light, with the exception of the Oriental cockroach which is attracted to light.

The American cockroach is the largest and lives in warm, dark and wet places because they need to be near water.

They can be found in sewers and basements near pipes and drains and will eat just about anything, including plants and other insects.

The German cockroach can be found all over the world. Their life-cycle is between 100-200 days, and whilst they are attracted to sweet, floury foods, they also eat non-organic items such as toothpaste and books!

The Oriental cockroach gets its' name from trade ships, but they actually originated in Africa. They are considered the dirtiest of all cockroaches as they feed on garbage and other organic material.

**The following are helpful hints to protect you and your children from cockroaches and the allergens they carry:**

- Vacuum often to reduce cockroach allergens.
- Keep garbage in a sealed container and dispose regularly.
- Seal cracks and holes around utility pipes that enter the house to prevent easy access.

If you do find signs of cockroach infestation, it is best to contact a professional pest control company to inspect and treat the problem due to illnesses that cockroaches can spread.

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