

## **Allergy Avoidance: Cockroach**

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### Recommended Methods to Avoid Cockroaches

The cockroach allergen was the most recently discovered allergenic particle in house dust. Cockroach allergen can be found in the dust of ALL homes in central Alabama. Even if you NEVER see live roaches in your home, we recommend measures to avoid cockroaches.

1. Exterminators: The most important method of limiting roach allergen in the home is to have commercial exterminators come on a routine schedule.
2. Routine Cleaning: Similar to dust mite avoidance, we recommend that someone other than the allergic patient dust and vacuum the house, and especially the bedroom, on a weekly basis. The allergic patient should be out of the room during cleaning, and after cleaning for 30 minutes, to allow the allergenic particles to settle to the ground. If no one else is available to perform these duties, facemasks may be purchased from a mail order supplier. In general the fewer items cluttering the room, the less places cockroach dust will have to collect. There is an entertaining link about cockroach avoidance in this section.