**What is ASTHMA?**

Asthma is a common lung disease. An asthma attack can happen if something irritates your lungs. Asthma symptoms may occur at any time. Asthma attacks involve inflammation and tightening of the airways.

**Asthma symptoms**
- wheezing
- coughing
- breathlessness
- chest tightness
- coughing
- wheezing
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- inflammation and tightening of the airways.

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**How to safely get rid of pests in your home**

Common household pests like rodents and cockroaches can trigger an asthma attack.

- hair shedding
- waste products
- skin shedding
- feces

**Cockroach allergens** are the major factor contributing to asthma in children living in urban areas in the Northeast U.S.

**Pesticides** can be harmful to health.

Pesticides are chemicals that kill pests. Some pesticides can irritate the lungs and may trigger an asthma attack.

**Pesticides can be harmful to people,** especially children and pregnant women.

Sprays and foggers (bug bombs) are especially dangerous.

**How can I safely control pests in my home?**

**Monitor**
- Find how pests are getting in before they become a problem.

**Prevent**
- Seal cracks with caulk especially where pipes and wires come through the wall.

**Remove Access**
- Fix water leaks and leaky faucets, wipe up spills, and remove pets’ water dishes at night.

**Shelter**
- Reduce clutter where pests can easily hide, such as old newspapers.

**Water**
- Store food in plastic or glass containers with tight-fitting lids.

**Food**
- Use a trash can with a tight-fitting lid and empty it regularly.

**IPM Methods Include:**
- IPM Methods Include:
- Seal cracks with caulk especially where pipes and wires come through the wall.
- Fix water leaks and leaky faucets, wipe up spills, and remove pets’ water dishes at night.
- Store food in plastic or glass containers with tight-fitting lids.
- Use a trash can with a tight-fitting lid and empty it regularly.

**If pesticides are needed...**
- Choose safer options like bait stations in areas inaccessible to children and pets.
- Avoid sprays and foggers.

Visit the National Pesticide Information Center website at http://npic.oregon.edu/ for more information on pesticides and IPM.