

# Environmental Asthma Triggers: Pests and Pesticides

Asthma symptoms like coughing and wheezing can be triggered by both pests and pesticides. Triggers can be pest waste, fur, and decaying body parts or pesticide bombs and sprays. Some of these triggers can increase a person's chance of developing asthma.

**Addressing multiple triggers at the same time is the best way to improve asthma.**

*These things are dangerous to lung health.*



## MICE AND RATS

- ▶ Rodents trail urine as they walk; feces look like dark grains of rice. Dander is another allergen that can cause worsening of asthma symptoms.
- ▶ Mouse allergens are in 4 out of 5 US homes.<sup>1</sup>



## COCKROACHES

- ▶ Cockroach feces looks like ground coffee or black pepper.
- ▶ Cockroach allergen is known to cause asthma in preschool age children.
- ▶ Cockroach allergens are in 2 out of 3 US homes.<sup>1</sup>



## PESTICIDES

- ▶ Pesticides are poisonous, harming the brain and lungs of adults and children.
- ▶ Pesticide sprays and bombs are not needed to get rid of pests.

*These three steps can safely prevent and remove pests from your home.*



## CLEAN

- ▶ Store food in sealed containers.
- ▶ Clean surfaces.
- ▶ Keep lids on trash cans.



## KEEP PESTS OUT

- ▶ Seal cracks and holes with caulk, copper mesh, or steel wool.
- ▶ Use baits and traps instead of pest bombs and sprays.



## MONITOR.

- ▶ Fix leaks.
- ▶ Use sticky monitors to trap pests.
- ▶ Monitor humidity and keep it in the 30-50% range.

*As a last resort, only use pesticides registered with the Environmental Protection Agency (EPA). Avoid mothballs and illegal pesticides like Miraculous Chalk, Chinese Chalk, Tres pasitos. More information on illegal pesticides can be found at the National Pest Information Center, <http://npic.orst.edu>.*