

Health Hints

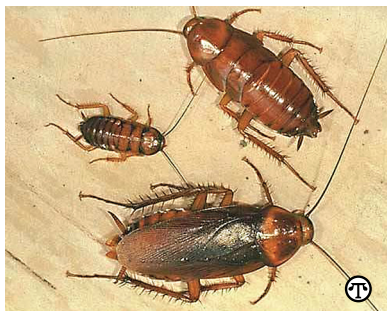
Keep Germ-Carrying Roaches Away From Your Family

(NAPSA)—You don't want to see cockroaches in your home or anywhere near your food or family, because you don't know where they've been. Roaches and other insects enter your home from the outside and prefer warm, dark, humid places to live inside. They invade your house by crawling through loose door frames or baseboards, the molding around windows or cracks around cabinets. You can even find them under the kitchen sink.

According to Tulane University, the American cockroach is the largest of the roaches infesting homes. "American cockroaches often invade your home from sewer systems and heavily mulched areas in your yard," says Bayer Advanced garden expert Lance Walheim, co-author of "Landscaping for Dummies." "Not only do they crawl, they fly."

The U.S. Environmental Protection Agency says droppings or body parts of cockroaches and other pests can trigger asthma. The Arizona Cooperative Extension says certain cockroaches carry germs that cause human diseases such as diarrhea, dysentery, food poisoning and salmonella. The transmission of these diseases can be caused by the roaches' habit of wandering through organic wastes and then traveling over countertops, cooking utensils, food, plates and silverware.

Bayer Advanced™ Home Pest Plus Germ Killer (bayeradvanced.com) kills roaches and other common pests in a single application and provides up to 12 months of indoor protection for listed insects. It also reduces 99.9 percent of the germs



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they may leave behind. Be sure to read and follow label directions and look for details about residual and germ reduction claims. (This product isn't registered in California.)

According to the Environmental Protection Agency, other recommendations include starving cockroaches out of your home by cutting off their food supply:

- Clean up spills and crumbs right away.
- Don't leave open bags of food or candy lying around.
- Don't walk around the house with food.
- Clean dirty dishes right away.
- Keep a tight lid on the kitchen trash and empty it often.
- Don't leave pet food out overnight.

A little home improvement goes a long way, too. Fix leaky pipes, faucets, toilets and other plumbing problems. Be sure to caulk all cracks and crevices throughout the home, especially around plumbing, electrical and gas lines, as well as around cupboards and walls.