



Source: <https://www.sciencemag.org/news/2018/03/american-cockroaches-thrive-cities-thanks-their-incredibly-long-genomes>

# Cockroaches and Asthma

## How do cockroaches trigger asthma attacks?

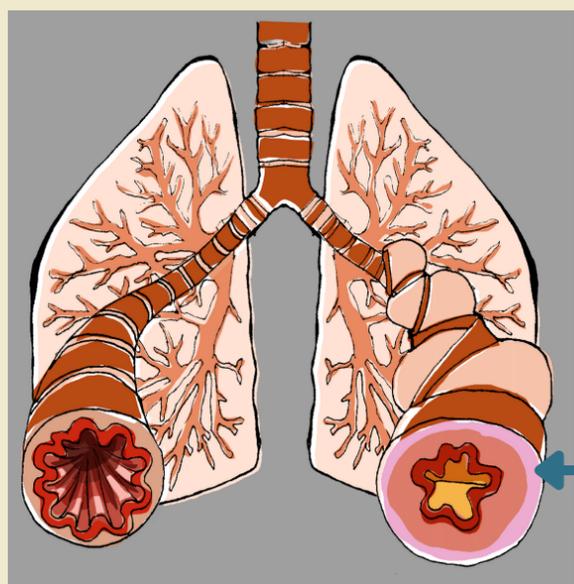
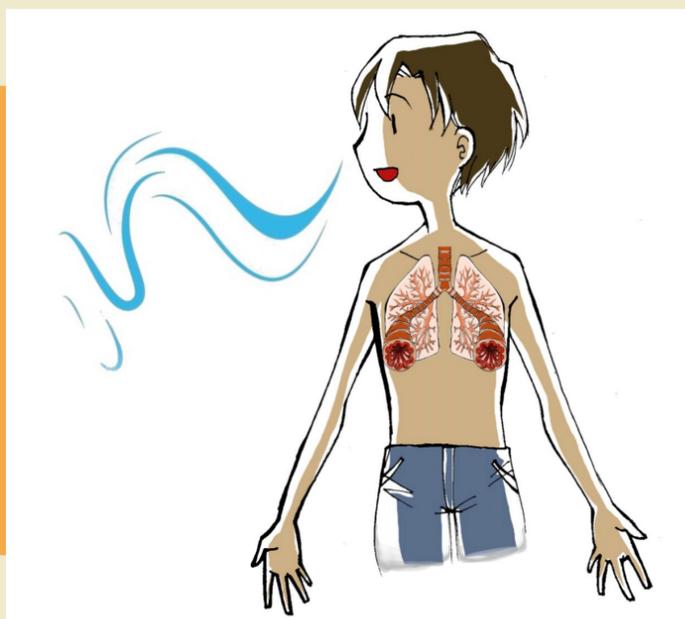


Cockroaches poop and pee leaving droppings wherever they go. They also die.

The dead body parts and droppings turn into a dust that can float in the air.

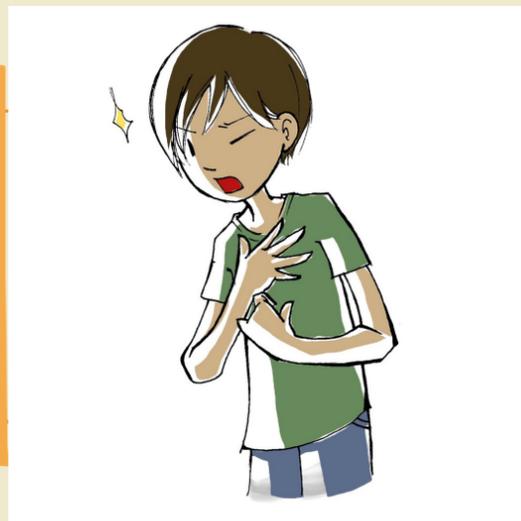
Source: <https://www.gopests.com/cockroach-poop/?lang=da>

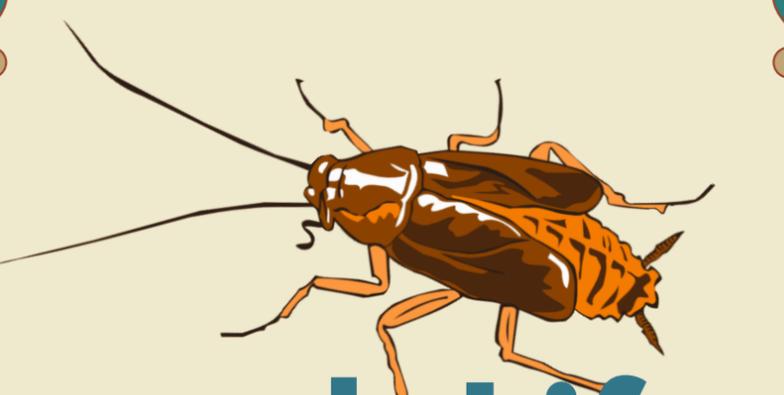
The tiny cockroach pieces hang in the air and can be breathed into the lungs.



Once inside the airways, the pieces cause swelling.

The swelling can lead to symptoms like coughing and asthma attacks!




# Cockroach Life Cycle

Know what to look for!



Source: <https://www.addisonexterminating.com/cockroaches>

Adult cockroaches can carry egg sacs



Source: <https://cockroachinsect.blogspot.com/2019/09/what-do-roaches-carry.htm>



Source: <https://www.pinpointpestcontrol.com/cockroaches>

The egg sacs hatch into larvae



Source: <http://springfieldmn.blogspot.com/2013/03/cockroach-cleanliness.html>

The larvae grow from small, nymphs into large adults.

