

# MOUSE AND ROACH ALLERGEN

## Helpful tips for mouse and roach allergen avoidance

- **Visual inspection** – A visual inspection for signs of mice or roaches is the first step. Look for droppings and possible entryways. If evidence of a mouse or roach problem, pest control should be contacted.
- **Fix entryways** – Block all areas where pests or rodents can enter the home. This includes crevices, wall cracks and windows.
- **Keep house free of clutter and waste** – Clean kitchen floors, sinks, counters and stoves. Keep food containers and garbage cans sealed and put pet food dishes away after your pets are done eating. Vacuum and sweep the floor after meals, and take out garbage and recyclables. Use lidded garbage containers in the kitchen. Wash dishes immediately after use and clean under stoves, refrigerators or toasters where crumbs can accumulate. Wipe off the stove and other kitchen surfaces and cupboards regularly.

## Does your patient have mouse or roach allergen in their home?

Exhale is the first and only Do-It-Yourself test that measures your home for mold, dust mite, pollen, mouse, roach, cat and dog allergens. Designed and trusted by leading allergists. Proven to directly measure allergens and molds impacting the health of allergic individuals. It's the missing puzzle piece to your allergy and asthma prevention and treatment plans

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