

## **COCKROACHES AND EFFECTS ON HEALTH**

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**Abstract** Cockroaches are one of the most significant risks to public health. They carry some diseases such as gastroenteritis, typhoid, diarrhea, dysentery, poliomyelitis and salmonella. They may also play an important role in asthma. Certain proteins which act as allergens in waste products and saliva of cockroaches can cause allergic reactions or trigger asthma symptoms in some individuals. These insects are nocturnal creatures and spend daytime hiding behind sinks, cookers, refrigerators and other places where food is prepared. Cockroaches are omnivores; they eat practically anything from human food, wallpaper to even other cockroaches. They will eat the glue off the back of postage stamps and the glue binding off the back of books. These are traditional glues which are derived from animal proteins and the proteins are favorable to them. The contamination of food occurs by moving from refuse to areas where food is prepared and vomiting their eaten foods. Therefore, to avoid contamination of food and water with insects, it is recommended that food, water and garbage should not be left exposed to them. Containers should be well closed and do not leave traces of food on outside surface. To get rid of cockroaches is practically impossible. Even insecticides cannot help us because some of them have become resistant to insecticides. Therefore, a good program management to control cockroaches is needed.