



Cockroaches

General Information: Cockroaches generally live in the dark therefore a cockroach that is seen during the daytime could be a sign of infestation. They also like warm moist places so any place that allows them to be in a dark moist place is a potential home for the cockroach: in cupboards, in corners, behind appliances (fridge, stove, washer etc) behind walls, under floor mats etc.

How do they get in? Cockroaches can come in through any opening from the outside such as holes, vents, and cracks. They often come in with us in our grocery bags or boxes. They can also come in on us if they have gotten on our clothes!

Cockroach procreation - a single female and her offspring can produce over 30,000 individuals in a year

How to prevent an invasion or reinvasion: Do not feed the cockroaches!!!

Cockroaches like dark, moist, warm locations with food so you need to eliminate dark, moist, warm locations with food! Cockroaches need food and water. Even in small quantities food and water provide the nutrition they need to keep reproducing.

What to do?

- Store food in containers that cockroaches cannot enter such as glass jars, plastic containers with tight fitting lids. Make sure plastic bags are shut tight and are clean on the outside
- Clean all surfaces immediately after eating to remove all crumbs and liquids. Use warm water and soap to keep surfaces disinfected. Crumbs and liquids swept to the floor should be swept up and thrown away
- Wash dishes immediately after use, dry them and put them away.
- Do not leave any food out
- Garbage: use garbage cans with sealable lids and use garbage bags to contain all garbage. Take out garbage each day. If it is to be stored outside before bringing it to the dump make sure it is a closed container away from the house. Do not leave stacks of anything in the house: books, magazines, clothes, boxes. This can provide homes for cockroaches.
- Fix all leaks as soon as possible and eliminate all water collection areas (containers with liquid/water, soda cans, leaving water in sink)
- Sweep and vacuum cupboards, behind appliances, in cracks and anywhere crumbs may have dropped to eliminate this food source.
- If cockroaches are vacuumed make sure vacuum bag is removed from house and cockroaches are killed so they don't return to the house

- Inspect all food that comes into the house to make sure cockroaches are not in the boxes and bags
- Cockroaches have feces that look like little black specs. Make sure you clean all surfaces where there might be cockroaches with warm water and soap.

How to Eliminate Cockroaches

In addition to following the above sanitation guidelines → At home improvement stores you can often find powders, sticky traps, and gels. Make sure you read the instruction before using any of these products.

Traps: Traps should be placed in areas where you think the most cockroaches are found. Using sticky traps allows you to see where the most cockroaches are located and whether there is a decline over time. The best locations for traps are in corners, against the fridge and stove, and in cabinets. Cockroaches can learn where traps are so the traps are most effective within the first few days. Once you have identified the areas that are most infested with cockroaches you can decide on the best next step.

Baits: Ace Hardware, Lowes, and the Home Depot all have a variety of baits at a range of prices. They are insecticides that take some time to work so you have to be patient over the next week or so to determine if the baits are effective. Bait stations are a good long-term option as they are refillable and effective for months at a time. To eliminate cockroaches in small spaces, holes, and cracks you can apply a gel with a syringe applicator. Gels are effective for a short period of time until they dry out (about three days). Insecticide dusts (generally containing boric acid powder) are also an option. A thin layer of dust should be applied to areas where people will not come in contact with it (behind fridge and panels). It can be applied through small holes or panels to place it in the spaces that are difficult to get to but are ideal for cockroaches to live. Wet and then dried powder is not effective.

Make sure to have broom, dustpan, mop and vacuum to help with cleaning. A hand vacuum would be very useful.

Orkin Pest Control will come out to do a free inspection and determine the best way to control the cockroaches: 865-5180

<http://www.ipm.ucdavis.edu/PMG/PESTNOTES/pn7467.html#printpage>

UVM Extension helps individuals and communities put research-based knowledge to work. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.