

# Cockroach Facts

## What You Need To Know

- Cockroaches contaminate our food with their droppings, and with the bacteria they carry on their bodies
- Cockroaches are nocturnal and live in groups
- Cockroaches commonly use plumbing connections to travel from one apartment to another
- Cockroaches are omnivorous and will eat anything organic including dead roaches, their own skin casts, live or dead plant material, leather, glue, hair, wallpaper, fabrics and almost any human food.
- Removing food and moisture causes significant stress on cockroaches. Starvation weakens this pest and makes them forage over greater distances for food

## What You Can Do

- Store food in tightly closed containers off the floor and away from the walls
- Keep food in the refrigerator
- Rotate stored goods to ensure that the first food stored is the first food used
- Clean the kitchen regularly this includes the refrigerator, stove, and counters
- Store trash in tight fitting containers. Dispose of trash at least once a day
- In walk-up buildings where the trash is carried to a central location, trash should be discarded more frequently
- Roaches need water wash and dry dishes promptly. Wipe dry the kitchen sink, counter tops, and dish rack. Wipe up all spills and puddles immediately.
- Confine all eating, including snacks to the kitchen and dining room areas only
- Never leave pet food or water out overnight
- Clean up and discard dead cockroaches and roach feces. Cockroaches eat dead roaches and the feces contain a pheromone that attracts newly hatched roaches.
- Remove all clutter and debris both inside and outside the kitchen • Caulk all gaps around kitchen and bathroom sinks, cabinets and woodwork

