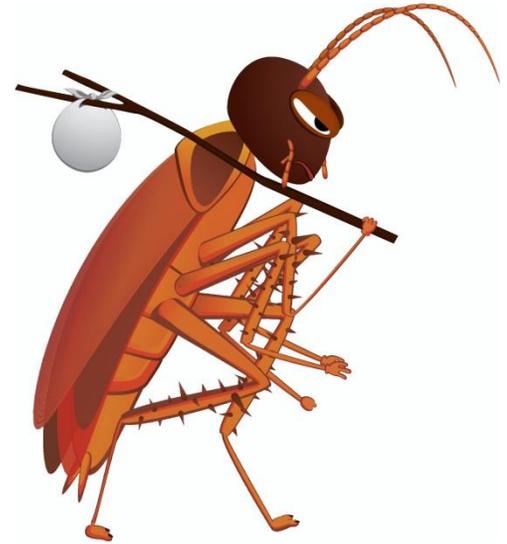


PREVENTING COCKROACHES

Steps You Can Take



There are a number of steps you can take to stop cockroaches from entering your apartment and prevent them from making it their home.

The most effective way to prevent cockroaches is to deny them food, water and shelter. Here are some important steps that you can take.

- *Eliminate hiding places*

Cockroaches prefer being in tight spaces, so take away their places to hide:

- Caulk cracks in walls and around baseboards and door frames.
- Cockroaches can live inside cardboard boxes and paper bags. They will eat the glue that holds boxes and bags together and will lay their eggs in the corrugation.
- Remove any old newspapers, magazines, cardboard, paper bags, rags or boxes. Unwanted, broken or out-dated items should be thrown away. These all provide great hiding places for cockroaches.
- Clean behind furniture, appliances, televisions and electronics. Look for dark hiding spots and crevices.

- *Eliminate food sources*

Cockroaches are attracted to places where they can find an easy meal. Kitchens can be a perfect home. To prevent cockroaches, make it harder for them to find a meal:

- Keep all food in tightly sealed containers.
- Never leave dishes unwashed in the sink or on the counter – especially at night.
- Do not leave food sitting out on counters.

- After your pets have eaten, remove and wash their bowls.
- Clean your pantry and cabinets for crumbs and spills.
- Wipe your counters thoroughly to remove crumbs and grease from surfaces – these are common food sources for cockroaches.
- Clean all surfaces, especially between appliances and counters.
- Vacuum and clean under the refrigerator and stove. Scrape food deposits from the corners. Clean under stove burners.
- Cockroaches feed at night, so sweep or vacuum your kitchen floor each night.
- Vacuum or sweep around furniture where people eat, such as the dining room table, coffee table and sofa.
- Use garbage cans with tight-fitting lids so pests cannot find a meal by getting into your trash.
- Rinse bottles, cans and plastics before putting them in the recycle bin. Small amounts of soda, beer, wine, milk and juice can be a feast for cockroaches.
- Empty your garbage and recycling often.

- *Eliminate water sources*

Cockroaches need water to survive. German cockroaches can only live for 12 days without water. Prevent cockroaches by denying them a drink:

- Do not leave liquids in sinks or buckets.
- Empty pet water dishes.
- Wipe up spills.
- Dry the kitchen sink, bathroom sink, bathtub and shower with a towel each night.
- Keep wet towels out of cabinets or drawers.
- Report leaking pipes and dripping faucets so they can be repaired.

Preventing and controlling cockroaches takes the cooperation of residents, building management and a pest control professions.

**Got questions or concerns about pests in your apartment?
Contact your building manager immediately.**

Produced in co-operation with

