

SENTINEL PEST MANAGEMENT



German Roach Prevention

Nobody likes to have roaches in their home, but believe it or not screaming at the top of your lungs and running away will not go very far to get rid of roaches or prevent them from becoming unwanted guests in your home. Roaches have a list of things they must have before moving into a home, much like we do when we go house or apartment hunting, although their list is much shorter than ours and they are not picky about the neighborhood. Their list includes three (3) things: water, food, and harborage areas. Deny them this, and you have gone a long way to preventing them from moving in.

Identification:

German Roaches are light brown or tan in color with two (2) dark brown stripes on the shield behind the head which run lengthwise. They have a flattened oval shaped body, spiny legs and long antennae. They have wings but DO NOT fly. The adults are between ½ to 5/8 inches. Young roaches are dark brown to almost black in color and do not have wings. The oothecas (egg capsules) are yellowish brown and are about ¼ inch long. ***There can be up to 50 baby cockroaches in one capsule!***

Prevention:

Eliminate Harborage Areas (Hiding Places):

- 1) Don't use aluminum foil under stove burners
- 2) Don't use contact paper on shelves in cabinets and cupboards
- 3) If you keep the plastic or paper bags from grocery stores, store them in plastic Ziploc bags
- 4) Get rid of clutter like boxes, piles of newspapers, and magazines
- 5) Don't keep old electronics that don't work anymore (ie: TV's, refrigerators, computers, etc.)

Sanitation and Cleanliness (Especially in bathrooms and kitchens)

- 1) Wash dishes daily. Do not leave dishes in your sink or dishwasher overnight.
- 2) Wash under rubber mats in sinks, bathtubs, and under dish racks
- 3) Do not leave food on counters or tables and **NEVER** leave food out over night
- 4) Wipe off counters, tables, and stovetops after eating snacks or meals
- 5) Clean up spills immediately
- 6) If possible, clean under and behind refrigerators at least once a month
- 7) Wash grease from stove top, wall, and all kitchen surfaces
- 8) Empty your trash can daily and keep the outside of it clean and free of food and drink residue
- 9) Sweep, mop, and vacuum floors often especially around eating areas.
- 10) Wipe down you cabinet areas weekly to make sure there is no sticky residue or unnoticed spills
- 11) Clean under appliances (especially under toasters)
- 12) Clean up any spilled pet food immediately
- 13) Store food in containers with lids that fit snugly or in securely sealed plastic (Ziploc) bags
- 14) Do not keep pet food and water bowls out overnight
- 15) Clean kitty litter boxes every night
- 16) If you recycle cans and bottles, rinse them out thoroughly and store in a tightly sealed container. If possible, keep this container outside or in your garage.
- 17) Do not leave any standing water out at night (this includes water in sinks)



Maintenance:

- 1) Fix any leaky faucets or pipes. Roaches can live without food for up to a month but only a week without water.
- 2) Fix stopped up sinks
- 3) Seal all holes and cracks especially under kitchen and bathroom sinks



Deny Access Into Your Home:

- 1) Check bags you bring home from grocery stores. Unpack bags immediately and check to ensure you did not bring home a hitch-hiker. Also look for oothecas (egg capsules) especially under flaps
- 2) Cut down boxes brought in from warehouse stores ie: Costco and Sam's Club. Discard them outside immediately.
- 3) Before bringing in used furniture, inspect it thoroughly. Completely wash any refrigerator and vacuum sofas using a crevice tool to get into all the seams. If possible, leave the furniture in the garage for a couple of days inspecting it frequently for any signs of roach activity.
- 4) Be cautious of storing your purse in lockers at your workplace or gym. If there are roaches in the building or if a co-worker unwittingly brings his/her roach problem from home, they may be tempted to crawl into your purse and hitch a ride home with you. If you have to store your purse in a locker, use a plastic purse so you can easily inspect it before you leave.
- 5) Do not bring any boxes from a storage area or garage into your home. Unpack the box inspecting all items and transferring them to a 'clean' box or bag (one that you have thoroughly inspected)
- 6) Immediately wash any used or stored clothing brought into the home before putting them away

Indications You Have Roaches:

- 1) The #1 way you know you have roaches is you actually see live roaches. Most likely your sighting will be at night when you turn on the light in the kitchen or bathroom.
- 2) Finding dead roaches
- 3) Finding oothecas (egg casings) or cast offs (shed skins)
- 4) Finding droppings which look like coffee grains or black pepper
- 5) Smelling a musty odor (indicating a large infestation)

Response:

It is very difficult to eliminate roaches on your own; it is always recommended that you get a professional pest control treatment. In our opinion, electronic devices **Do Not Work**. We have been in many homes where the electronic devices are covered in roach droppings, and even found some where roaches were living inside the device itself! Roaches are very hard to control so as soon as you know (or even suspect) you have roaches, request a pest control service. Remember, if you see one roach, there is a high likelihood that there are many more you are not seeing. Make sure you are fully prepared for service by following the instructions on the preparation sheet. Ignoring the problem will not make the problem go away; it will just allow the problem to get worse.



If you think you have a German Roach problem, give us a call at (949) 716-5222.

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