Housekeeping tips on
Preventing Cockroaches

Minimize all potential sources of moisture
  o if you cannot wash dishes until later, put them in soapy water

Minimize access to food
  o store all foods in plastic or glass containers with lids, especially flour, rice and sugar
  o take out garbage and recycling daily or seal garbage bags before going to sleep to make them inaccessible to cockroaches
  o empty garbage in your bathroom regularly, things like fingernail clippings and cotton swabs are potential food for cockroaches
  o cockroaches love grease and crumbs:
    - clean cabinet doors and space above cabinets regularly to get rid of grease, especially near the stove where buildup is most
    - sweep regularly to eliminate crumbs; don’t forget to sweep behind stove and fridge occasionally
  o Switch to liquid soaps, some bar soaps can actually be food for cockroaches
  o Cockroaches may eat some house plants – trace plant pots with a natural deterrent to prevent access

Minimize places to hide
  o get rid of cardboard boxes – cardboard is a likely breeding ground
  o if using cardboard for storage, consider switching to large sealable garment/clothing bags or plastic containers with lids
  o keep space above cabinets clear – items above cabinets will provide ample places to hide
  o seal cracks and crevices - it’s easy! See self-exclusion work handout

Treat regularly
  o a variety of treatments are available and are provided by the residence office
  o let your neighbours know if you’re going to schedule a treatment, they may wish to schedule a treatment at the same time to increase the chances of successful elimination

Information Modified from:

University of Minnesota:
http://www.extension.umn.edu/distribution/housingandclothing/DK1003.html

University of Nevada: