Housekeeping tips on Preventing Cockroaches

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

**Minimize access to food**
- store all foods in plastic or glass containers with lids, especially flour, rice and sugar
- take out garbage and recycling daily or seal garbage bags before going to sleep to make them inaccessible to cockroaches
- empty garbage in your bathroom regularly, things like fingernail clippings and cotton swabs are potential food for cockroaches
- 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
- Switch to liquid soaps, some bar soaps can actually be food for cockroaches
- Cockroaches may eat some house plants – trace plant pots with a natural deterrent to prevent access

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

**Treat regularly**
- a variety of treatments are available and are provided by the residence office
- 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: