



Barnes Lakeside Exterminating

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The Checklist: German Cockroaches

Keeping your home clean is the most important aspect of controlling German cockroach infestations. These pests need food, water & shelter, and elimination of these components is started through basic cleaning. Below are specific instructions that will not eradicate existing infestations but can control the situation & help prevent new infestations from starting.

1. Eliminate Food Sources

- ***Clean** kitchen appliances. This includes grease & any food traces under, behind or alongside appliances. Pay close attention to the refrigerator, dishwasher, stove, toaster, kitchen sink & microwave.
- ***Wipe** down kitchen counter tops with a disinfectant spray each night.
- ***Empty** & clean out cabinets. Remove all plastic grocery bags, as these are popular hiding spots & nests for German cockroaches.
- ***Limit** food consumption to one room of the house to reduce the spread of the infestation to other areas of your residence.
- ***Vacuum** the kitchen floor thoroughly each night before bed. German cockroaches come out to feed at night, so don't leave anything for them to snack on.
- ***Vacuum** all other non-food areas of the house every 2-3 days. This will remove roach feces, skins, body parts & egg sacs, which emit pheromones that attract other roaches.
- ***Do** not leave pet food out for extended periods. Empty pet food containers at night.
- ***Store** food in sealed containers. These pests are hitchhikers & can travel in various types of food packaging.
- ***Use** a trash can with a tight-fitting lid & take out the trash each night before bed.

2. Eliminate Water Sources

- ***Fix** leaky faucets & pipes.
- ***Repair** sweating pipes.
- ***Before** bed, stop up sinks in the kitchen & bathrooms, including bathtubs & showers. Dry them completely with a paper towel.
- ***Place** wet dishcloths & sponges in an airtight plastic storage bag overnight or in the washing machine.
- ***Pet** water dishes should be placed outside overnight or dried completely & refilled in the morning.
- ***Wet** toothbrushes should be dried as best as possible & sealed in plastic bags.

REMEMBER, German cockroach infestations did not start overnight & can take 2-3 months or longer to control. After the first services you may see more roaches. This is normal because we are flushing roaches out from their hiding places where they are normally asleep during the day. You may feel the urge to spray them but **PLEASE** do not use other insecticides or wipe up gel while Barnes Lakeside is servicing your home/apartment. This will greatly reduce our control efforts & prolong your roach problems. It is also normal to see newly hatched roaches days after your service. This is because insecticides will not penetrate the eggs, therefore, they will still hatch. Following these steps can help to substantially reduce time needed for control.

Thanks for your cooperation.

Barnes Lakeside Exterminating, Inc.