



Cockroaches and Human Health: How it Affects You

Cockroaches are a nuisance that are unpleasant to live with. Cockroach waste products such as shed skin and droppings can trigger asthmatic symptoms as well as allergic reactions. It is also possible that contaminants located on the legs and bodies of cockroach can be transferred to food, which could lead to adverse health conditions.



Controlling an Infestation: Integrated Pest Management (IPM)

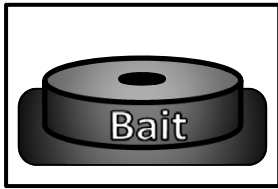


Getting rid of a cockroach infestation is more than setting traps or bait stations. Effective treatment can only be achieved through a comprehensive approach know as Integrated Pest Management (IPM). This involves:

- 1) Inspection to identify the likely location(s) of the infestation**
 - Cockroaches like cracks and crevices; small spaces between appliances, voids in drawers and cabinets, and in between baseboards, trim, and other hard to reach places
- 2) Reduction of available food, water, and shelter**
 - Keep food in airtight containers
 - Keep garbage covered and remove from the premises regularly
 - Clean dirty dishes often, or at the minimum cover with soapy water
 - Remove objects and clutter in and around the house that cockroaches could live and nest in
- 3) Application of cockroach controlling chemicals or devices**
 - A variety of control measures are available, see reverse side for more information
 - Always follow manufacturers instructions

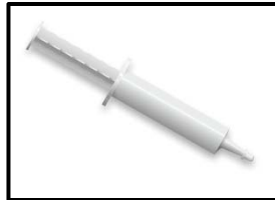
It is unlikely that control of an infestation will be established without following all of the steps outlined above. Even with proper IPM techniques it may take a number of weeks before the cockroach infestation is controlled. Devices such as glue boards and cockroach traps can be used to monitor infestation levels. If the infestation is still present, take the time to review the IPM steps again. Look for other locations that cockroaches could nest, deny access to food and water, and follow manufacture directed use of any cockroach controlling devices.

Types of Chemical Treatments: Choosing the Right Tools for the Job



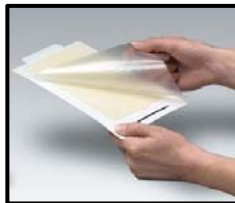
Bait Stations: An effective control method when sanitation is good. Prevents pets and children from contacting chemicals.

Gel Baits: Must be reapplied often. Effective in cracks and crevices. Potential for unintended contact with pets and children.



Sprays and Aerosols: Only recommended if designed for crack/crevice use. Not the most effective control measure, as it requires active use to treat infestation.

Traps: Must be placed where cockroaches will likely be moving through. Effective for monitoring infestation levels.



Dusts: Effective, long term control. A thin layer is better than a thick layer. Reapply often as needed or if it gets wet.

Other methods such as herbs and spices, aluminum foil, and ultrasonic devices have all been demonstrated to be ineffective in controlling a cockroach population.

If insecticides are used, they must always be used with extreme care. Read the manufacture's label and follow the directions exactly.

Multi-Family Units: Community Cooperation

In a multi-family unit, such as an apartment, treating an infestation in one unit may not be enough. It is likely that the cockroaches will move from one unit to the next. Residents, management, and pest control professionals must work together in order to get the problem under control.

Residents:

- Keep living areas in good sanitary conditions
- Reduce cockroach food availability by keeping food in sealable containers, dishes washed, and garbage covered and disposed of regularly
- Remove excess clutter and other objects cockroaches may use to nest

Management:

- Fix water leaks in units and common areas
- Seal cracks and holes in walls and ceilings
- Seal around electrical and plumbing outlets
- Enforce a minimum level of sanitation in units and throughout property

Pest Control Professional:

- Report to residents and management conditions that need to be improved
- Provide residents and management a statement of what actions were taken and what chemicals were used

General Tips:

- Maintain sanitation and elimination techniques to avoid encouraging a new infestation.
- Even with proper IPM, it may take a number of weeks to control an infestation.
- The most important part of controlling an infestation is denying the pests food, water, and shelter.
- Cockroaches will eat almost anything, including pet food, pet feces, and even other dead cockroaches.
- When using any type of pesticide, always follow label directions carefully.