



HOW TO GET RID OF COCKROACHES

Controlling and removing roaches takes consistent work and a plan that:

- Eliminates food and water sources
- Eliminates hiding places (harborages)
- Includes cleaning and home repairs
- Uses baits and repellents.

Cleanliness and Home Repairs

- Caulk all openings on ground-level walls such as around drain and water pipes.
- Stop water leaks and get rid of standing water, both inside and outside. This includes dirty dishes in sinks, over-watered plants, and pet water dishes.
- Remove trash and garbage daily.
- Vacuum carpets and furniture frequently. Small crumbs in carpets and furniture are food for cockroaches.
- Discard old boxes and piles of papers where roaches can hide.
- Store food in tight-fitting containers.
- Clean kitchen appliances thoroughly and often to eliminate food sources.
- Do not keep pet food or water out overnight for indoor pets. For outdoor pets, pick up the food after they have finished eating.

Stop Roach Entry

- Caulk exterior cracks and holes on the outside of the home. Caulk and repair holes around doors, windows, water pipes, and baseboards.
- Make sure that doors and windows fit securely inside the frames to eliminate entry. Windows should have screens without holes.
- Remove any trash or garbage from around the outside of the home.
- Use a tight-fitting lid on your trash can.
- Keep woodpiles and outside items away from outside walls.

Baits, Repellents, and Traps

- Use commercial roach baits and sticky glue boards available at most hardware stores. Baiting the traps with a small piece of bread will increase the number of cockroaches caught.
- Place Boric acid in cabinets and along floorboards. Follow the instructions on the label. Boric acid is available at most hardware stores.
- Using plug-in ultrasound pest repellents may also help. They are available at many hardware stores.
- Consider safely using pesticides or hire an exterminator if none of the above steps are working.
- Make cockroach traps with 2-liter soda bottles. (Instructions on next page.)

24/7 Emergency Contact Number: 1-888-295-5156

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Page 1 of 2



HOW TO MAKE A VERY EFFECTIVE, PESTICIDE-FREE COCKROACH TRAP



1. Make cockroach traps by cutting the top off a 2-liter soda bottle. Cut in a straight line where the bottle begins to curve.
2. Put a little Vaseline® or cooking spray around the **inside** of the bottle (Be careful not to get any on the outside). Invert the top and put it back inside the bottle like a funnel. Then tape the edges to keep the top from falling inside and the roaches from escaping. (See picture of bottle above.)
3. Put some masking tape or fabric on the outside from the bottom to the top, so the roaches can climb up and into your trap.
4. Put in a piece of bread soaked in beer (non-alcoholic beer is fine to use) in the bottom and place bottle under sinks, in corners, and wherever you see roaches.
5. Leave trap overnight, placing it in a room along a wall or cabinet – not in the center of the room.
6. Check traps every morning. Change out the beer-bread every few days since it will mold quickly.
7. To kill the cockroaches, you can either freeze the contents or pour in HOT soapy water. Empty the hot water by flushing down the toilet, then put another small piece of beer-soaked bread in the trap and set it out again that night.
8. If you repeat this over several days, your cockroach population will greatly decrease. You can use the trap to monitor or control roach infestations.

Resources

United States Environmental Protection Agency (US EPA)
<https://nepis.epa.gov/Exe/ZyPURL.cgi?Dockey=000002EX.txt>

Centers for Disease Control and Prevention (CDC)
<https://www.cdc.gov/nceh/publications/books/housing/cha04.htm>