

# How to Control Cockroaches at Home

Cockroaches are one of the most undesirable insects, especially when they are found inside homes. Here are some suggestions for controlling a cockroach infestation.

## Control without insecticides

- **Wash** all dishes and kitchen utensils and do not leave out uncovered food overnight. Clean up all spills. Clean areas where small food pieces fall.
- **Fill** any cracks in the foundation or exterior walls. Seal with caulking around electrical outlets, window sills and walls. Repair dripping pipes and water faucets.
- **Avoid** storing paper bags, cardboard or newspapers in or near the kitchen. These are hiding places for cockroaches.
- **Place** sticky traps where cockroaches are found. Change their locations if you do not trap anything in 2 or 3 nights.

## Control with insecticides

To control cockroaches with insecticide, find their daytime hiding place and thoroughly treat those areas. Place insecticides in or near regular hiding places. But remember, you must clean before applying insecticides so they can be effective. Here are some types of insecticides:

- **Bait** stations contain a food cockroaches like. When they eat the poison food they die. These stations are sold in grocery stores.
- **Sprays** are easy and fast to apply. The spray should wet or dampen the treated surface, but not puddle. Spray cracks and crevices where cockroaches hide.
- **Dusts** are applied in crevices and cracks, under refrigerators and around sinks and cabinets. Apply dust insecticide lightly, where it is barely visible.
- **Boric acid** is one inexpensive insecticide for cockroaches. It is low in toxicity for humans and pets and is available at drugstores and hardware stores. Apply in a light film to cracks, crevices and under and around heavy appliances. Do not apply to cabinets and shelves.

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