



## German Cockroaches *Blattella germanica* (Linnaeus)



The German cockroach is by far the most important and usually the most common of the cockroaches. In addition to being a nuisance, the German cockroach has been implicated in outbreaks of illness and allergic reactions in many people. This species has worldwide distribution.

### Prevention

Good sanitation and habitat reduction, along with vacuuming, surveillance, and baiting program, and some sealing of cracks can usually reduce or eliminate a cockroach problem. The reduction of moisture sources, such as leaking pipes, is also helpful.

### Habits

German cockroaches can be found throughout structures but show a preference for warm and humid places. They are usually found in kitchens and secondarily in bathrooms, but infestations often occur in rooms where people eat and drink.

### Habitat

German cockroaches prefer to live in cracks and crevices near food sources and spend 75% of their time in such harborages. German cockroaches prefer to live close to sources of food and water, hence their affinity for residential and commercial kitchen environments.

### Threats

Cockroaches have been reported to spread at least 33 kinds of bacteria, six kinds of parasitic worms, and at least seven other kinds of human pathogens. They can pick up germs on the spines of their legs and bodies as they crawl through decaying matter or sewage and then carry these into food or onto food surfaces. Germs that cockroaches eat from decaying matter or sewage are protected while in their bodies and may remain infective for several weeks longer than if they had been exposed to cleaning agents, rinse water, or just sunlight and air. Medical studies have shown that cockroach allergens cause lots of allergic reactions, especially in children. They were even shown to cause asthma in children. These allergens build up in deposits of droppings, secretions, cast skins, and dead bodies of roaches.

<http://www.pestworld.com/identify-insect/Pest/german-cockroaches>



### Roach Prevention and Cleanup Instructions:

- Clean out all items inside kitchen cabinets, pantries and underneath the kitchen sink
- Remove all trash and debris daily from kitchens, living areas and the entire property
- Clean and disinfect the floors, counters and sinks with bleach water
- Clear the floors of any clutter or unnecessary items
- Keep food and consumable items sealed and contained inside cabinets and pantries
- Wash, dry and put up and dishes and kitchen utensils in kitchenettes
- Clean up any food and drink spills immediately and do not leave food out overnight
- Vacuum baseboards, cracks and crevices for dirt and roach feces on a regular basis
- Clean with hot, soapy water behind refrigerators and trash cans frequently
- Wipe down counters, baseboards, walls and mop the floors daily
- Remove pet food and water bowls and only bring them out during feeding times
- Spray or bait every month and have kitchenettes cleared of food prior to service