

# SSBC, Inc.

## Pest Management

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### Cockroach Quick Reference



**About:** The German cockroach is *the* most common roach pest. They are usually found in kitchens, and bathrooms, but can be in any portion of a heated structure, but especially near food preparations areas. A nocturnal insect, German cockroaches remain hidden in dark secluded harborage during daylight hours. If you see some during the day, it is a sure sign that a tremendous population exist. Cockroaches are scavengers with a wide choice of food. They thrive on the same food humans eat and pollute human food in the process of feeding. Cockroaches carry disease organisms on the lions and bristles of its body, as well as the sticky pads on its feet.

**Life Cycle:** The German cockroach has three life stages typical of insects with incomplete metamorphosis: the egg, nymph, and adult. The entire life cycle is completed in about 100 days. However, factors such as temperature, nutritional status, and strain differences may influence the time required to complete a life cycle. German cockroaches breed continuously with many overlapping generations present at any one time. Under ideal conditions, population growth has been shown to be exponential. Actively growing field populations are comprised of 80 percent nymphs and 20 percent adults. The German cockroach is omnivorous, eating table scraps, pet food, and even book bindings.



**How Pest Management works:** A professional Pest Control Technician has the equipment and training to do a thorough job and has access to products not available over the counter. Below, is a typical approach to **Integrated Pest Management (IPM)**.

### **IPM Approach for Indoor Cockroaches**

- Thoroughly vacuum and wipe the premises with hot soapy water.
- Place baits (gel and station type) according to label directions.
- Check baits monthly until populations decrease, then quarterly.
- Replace empty bait stations because they provide additional harborage for cockroaches when empty.
- If populations are very high, a “clean-out” may be needed to knock down the initial population. Use a liquid insecticide mixed with an insect growth regulator in cracks and crevices.
- Place baits in areas not treated with liquid insecticide or place baits four to six weeks after spraying.

**How can you help:** Improving sanitation by eliminating food and water sources and clutter can have a significant impact on reducing the chances of infestation population size. Finally, exclusion practices such as sealing cracks and crevices will reduce harborage space and also negatively impact population size.

**If you have additional questions, please contact us!**  
**SSBC, Inc. 916-715-0138 or 916-400-4305 .**