



Cockroaches



What are Cockroaches?

Cockroaches are mainly an indoor insect. The German cockroach is the species most commonly found in Saskatchewan.

The adult is 5/8 inch long, light brown in color with wings which cover the abdomen. There are 2 prominent black stripes just behind the head. The babies (nymphs) are smaller, wingless and have a pale stripe running lengthwise down the middle of their darker brown body.

Females produce an egg capsule attached to the end of their abdomen about 5/16 inch long, with 30-40 eggs. Eggs hatch after 2-4 days.

Reason for Concern

Cockroaches infest and contaminate foods and carry germs that can cause disease. They may produce an odour. Some people have allergic re-actions to cockroaches or cockroach residues (eg: feces, body oils).

How Do I Know If I Have A Cockroach Problem?

Cockroaches prefer locations that provide food, moisture, warmth and shelter (eg: kitchens, bathrooms, garbage storage areas). Cockroaches are mainly active at night and hide in cracks and crevices during the day.

If you see cock-roaches during the day it is usually a sign of a heavy infestation. Traps can be used to determine if you have cock-roaches (eg: sticky traps).

You can prepare your own trap by painting or wrapping a mason jar; coat the inside with petroleum jelly and placing some food at the bottom of the jar. Leave the jar on your kitchen counter overnight and check it in the morning.

Cockroaches feed on a wide variety of foods and are most often found where food is stored.

How Do I Control Cockroaches?

- Check boxes of foods for Cockroaches. Cockroaches can be brought into your home in egg cartons, beer and soft drink cases, especially boxes or bags of food like bags of flour or oatmeal.
- Inspect second-hand clothes, furniture and appliances carefully before bringing into your home.
- Clean your home often to remove any food sources. Regularly clean behind the stove and under refrigerator.
- If using a vacuum cleaner, be sure to remove and discard the bag after use.
- Keep foods in plastic or glass containers with lids.
- Remove paper boxes, piles of paper bags and newspapers, clothing.
- Store garbage in sealed containers and dispose of garbage regularly.
- Repair leaky faucets and pipes; ventilate bathrooms in order to reduce excess moisture.

Where Can I Get More Information?

See your Community Health Nurse or local Environmental Health Officer for more information.