

Management Strategies

Prevention: Inspect items brought into the home (i.e. grocery bags). Seal cracks and crevices, add weather stripping where needed, and fix leaking plumbing.

Sanitation: Quickly clean food from surfaces and floors, do not leave unwashed dishes overnight; perform routine cleaning and remove clutter. **If there are pets in the home, keep food in tight containers, do not leave food out overnight, and clean litter boxes often.

Trapping: Commercial cockroach traps can be used as a monitoring device. Place traps in corners, under sinks, in cabinet, basements, and near floor drains.

In the event of an infestation, the best course of action is to call a professional pest control company.

Sources:

Centers for Disease Control and Prevention- Chapter 4: Disease Vectors and Pests
- <http://www.cdc.gov/nceh/publications/books/housing/cha04.htm>

Environmental Protection Agency
- Help! It's a Roach!
- <https://www3.epa.gov/pesticides/kids/roaches/english/>

Pestworld.org
- Cockroaches
- <http://www.pestworld.org/pest-guide/cockroaches/>

Mission Statement

The mission of the Hendricks County Health Department is to protect the Hendricks County community through public health promotion and disease prevention.

Vision Statement

The Hendricks County Health Department will lead the Hendricks County community to optimal health.

Values to OPTIMAL Health

Outstanding
Professional
Teamwork
Innovative
Motivated
Accountable
Leadership



Public Health
Prevent. Promote. Protect.

Hendricks County Health Department

355 South Washington Street, #210
Danville, IN 46122

Office: (317) 745-9217
Fax: (317) 745-9218
www.co.hendricks.in.us/health

Cockroaches: Detection and Control



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History

Cockroaches have been around for millions of years. They have evolved into one of the most adaptable insects in the world. There are around 3,500 species of cockroaches worldwide, with about 55 species in the United States.

Illness

Cockroaches are an allergen source and asthma trigger, especially in children. Allergens are carried in cockroach feces, saliva, and body parts. Cockroaches also carry Salmonella and E. coli, which cause gastroenteritis, the inflammation of the intestines.

Feeding Habits

Cockroaches will consume any organic food source available. They like starches, sweets, and meats but will eat a variety of items including books, soap, and decaying matter. Without water, cockroaches can live for days and up to a week. Without food, they can live for about a month.

Life Cycle

Cockroaches begin as eggs protected inside an egg case (oothecae). The number of eggs in an egg case is usually between 10-20, with some species having up to 50. Emerging from the egg case, cockroaches begin the nymphal stage and, after a series of molts, they become an adult roach. Adult cockroaches have an average lifespan of 1 year, depending on species, temperature, and environmental conditions.

Identification

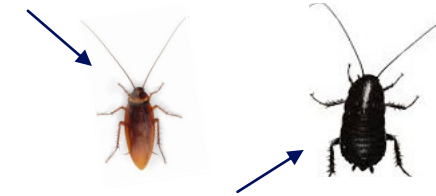
There are 4 species of cockroaches common to Indiana:

Brown Banded: Two brownish, broad bands across the body, ~1/2 inch long



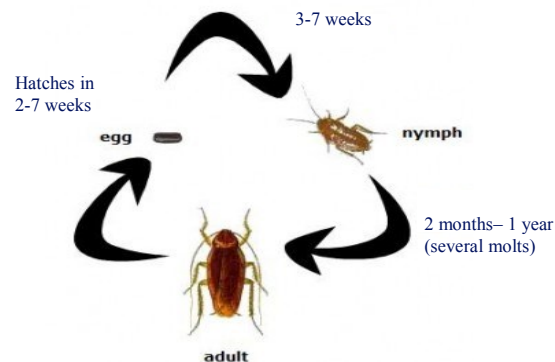
American: Reddish brown color, ~ 1 1/2 inches long

German: Tan to light brown, ~1/2—5/8 inch long



Oriental: Almost black, ~ 1 inch long

Life Cycle Diagram



Where to Look for Cockroaches

- Moist, warm habitats: behind refrigerators, sinks, and stoves; under floor drains
- Cracks and crevices: under mats, behind wallpaper and picture frames; in furniture; between rooms and adjoining housing units by wall spaces, plumbing, and other utilities

Signs of Infestation

Physically seeing cockroaches: Some species of cockroaches are attracted to light, but most species are active at night (nocturnal). Daytime sightings could indicate a heavy infestation.

Spotting roach feces: Smaller roaches leave behind brown and black specs resembling coffee grains or ground pepper. Larger roaches have solid feces shaped like cylinders. These droppings have ridges running the length of the feces.

Finding an oothecae (egg case): It is rectangular in shape and brown in color. Female cockroaches will deposit the oothecae in a safe, hidden location where it will remain until the eggs hatch. Some species carry the oothecae until the eggs are ready to hatch.



Smell: During an infestation, a pungent, musty odor may be present.