



American Cockroach: Prevention Tips

American cockroaches are large in size and can be disturbing to many people – and the fact that they can fly doesn't help. Like many other cockroach species, they pose contamination risks, making them as dangerous as they are scary. Learn how you can prevent cockroach infestations with Rentokil's expert tips.

Where you might see them

- Warm, wet environments – sewers.
- Utility rooms, bathrooms, basements, and any other areas with moisture.
- Dry p-traps in floor drains may provide entry into a property.
- Enter through doors and windows, as well as eaves in attic or rooftop areas.
- Live in palm trees, tropical outdoor plants, and wet mulch.

What you can do to help

Make note of any signs, such as egg capsules, droppings, fecal stains, or a musty smell. This will help your pest professional identify potential hotspots.

Tips for prevention

- Clean up spills immediately and keep food sealed.
- Focus on exclusion. Use screens on windows, install door sweeps, and seal gaps and cracks on the exterior.
- Eliminate clutter in basements and outdoor buildings.
- Work with landscapers to select plants and trees that don't attract these pests.
- Keep landscaping well trimmed; avoid having it touch the building.
- Do not overwater mulched areas around a structure.
- Ensure that p-traps are filled with water to ensure they are sealed.
- Use sodium vapour bulbs or LED lights of greater than 550 nm.
- Reduce humidity by using a dehumidifier.



ID and biology

- Adults are large, and can measure over 2.5 cm in length.
- Reddish-brown in colour with a yellowish mark behind its head.
- Adults have wings and can fly for short distances.
- It can take 2 years for them to develop from nymph to adult.
- They are omnivores; eating anything from leather to fermented fruit.
- They will travel long distances to gain access to food.

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