

# German Cockroach: Prevention Tips



German cockroaches are one of the most prevalent species of cockroach in the United States. Known for dwelling in unsanitary conditions, they can carry bacteria, such as *E. coli* and *Salmonella*. Learn how you can prevent German cockroach infestations at your business with Rentokil's expert tips.

## Where you might see them

- German cockroaches prefer dark, warm, humid environments with easy access to food and water, such as kitchens.
- They will eat non-food items such as wallpaper paste, cardboard, newspaper, and bookbinding glue.

## 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

- Sanitation and maintenance are key! Eliminate any food debris or standing water; and seal cracks and gaps to reduce harborage areas.
- Keep storage areas dry and free of clutter, allowing space between items.
- Ensure that floor drains and garbage disposals are free of food waste.

- German cockroaches can be introduced to facilities via deliveries. Develop a process for checking incoming dry goods and foods.
- Because German cockroaches may hitchhike into a facility on personal items, regularly inspect and clean break areas and locker rooms.
- German cockroaches like to live in environments with wood and paper. Remove any excess storage of these items, especially cardboard.
- Avoid using over-the-counter sprays. It will only make the problem worse, resulting in them spreading to other areas.
- Maintain the integrity of wall coverings to reduce harborage areas.
- Reduce moisture and humidity in areas by installing dehumidifiers.
- Keep dumpsters and garbage bins tightly covered and away from the building.



## ID and biology

- Adults are 1/2 to 5/8 inch long; tan or light brown with two dark stripes on the area directly behind the head. Females are darker in color than males.
- They have wings, but do not fly.
- Nymphs look similar to adults, but not exactly the same. After each molt, they look more adult-like.
- Females produce 4-8 egg capsules over their lifetime. Each one contains 30-50 eggs that hatch within a month.
- Cockroaches are nocturnal, foraging for food and water at night.
- Cockroach activity seen in the daylight, may indicate you have an infestation.

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