Goals for Getting Rid of Cockroaches

Limit eating to kitchen/dining room area.

Vacuum areas with carpet every week with a vacuum cleaner. Damp mop areas without carpet.

Put all opened non-refrigerated food items in sealable bags or plastic containers.

Clean oven, broiler, and drip pans in stove. Clean spills on top of stove daily.

If you notice cockroach droppings in the bathroom, clean cabinets under bathroom sink.

Contact building owner about cockroach problem.

Remove old newspapers and clutter daily.

Repair leaks and dripping faucets.

Take garbage out or seal daily.

Use traps or call an exterminator. Be sure the exterminator knows a person in the house has asthma.

Clean food crumbs and spills from drawers, shelves, counters and floors in the kitchen daily.

Wash blankets and bed sheets every two weeks in hot water.

Keep mattress covers on your bed.

Developed as a part of the CHAMPS program.