



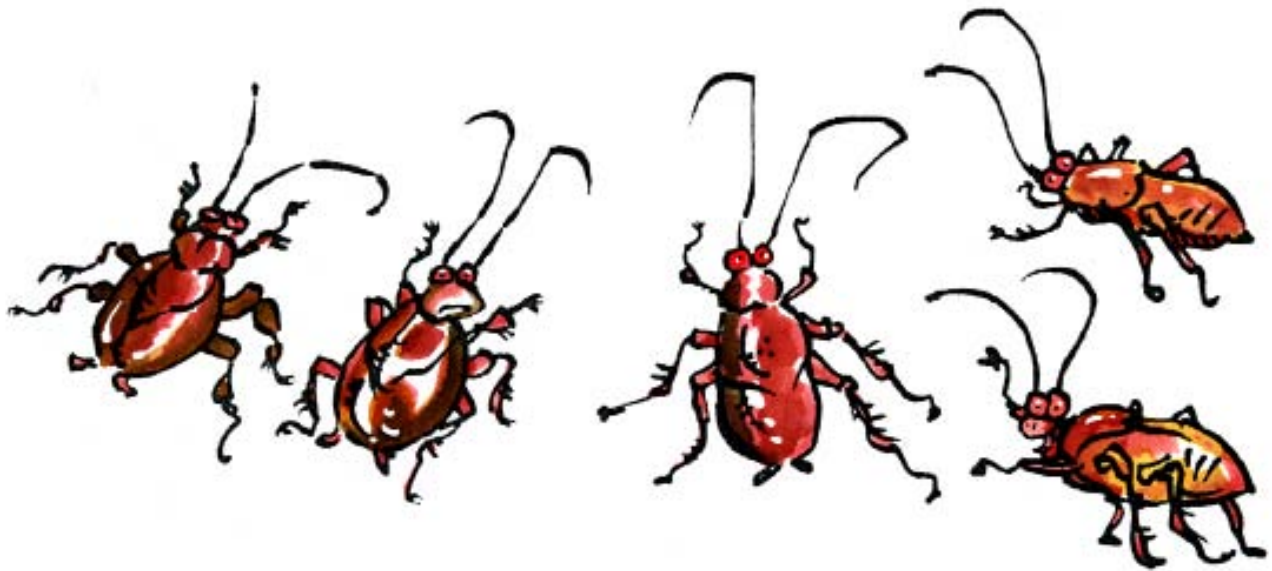
Don't distress over uninvited guests (roaches)!

Peggy was disgusted when she found [cockroaches](#) scuttling under her kitchen cabinets late one night. She could not understand how this happened! She thought cockroaches only infest dirty houses, and she had always kept her apartment so tidy.

Peggy was worried her friends or neighbors would find out about the cockroaches so she grabbed the first can of [insecticide](#) she found and heavily sprayed the areas where they were spotted. In fact, Peggy was so desperate to get rid of these uninvited guests she did this repeatedly over the next several weeks. However, the cockroaches always came back.

Peggy was concerned about continuing to use these sprays, and she knew she needed a long-term solution to her cockroach problems. She decided to call the [National Pesticide Information Center \(NPIC\)](#) for more information.

[Click here](#) to find out what Peggy learned when she called NPIC...





Take Home Message

Don't distress over uninvited guests (roaches)!

The NPIC specialist explained that cockroaches can survive anywhere they are able to find food, water, and shelter.

Cockroaches get into homes by:

- sneaking in on grocery bags or other containers
- crawling inside from outdoors
- moving from one apartment, duplex, or condo unit to another through the plumbing and other holes in shared walls.

Once inside homes, cockroaches remain hidden by:

- finding shelter in narrow cracks and crevices, such as behind refrigerators, under sinks, and dark drawers or cabinets
- foraging for food at night, eating a wide variety of foods and non-food materials. This allows them to survive even in tidy homes.

Peggy learned that some pesticide sprays repel cockroaches rather than killing them. That's why many experts recommend using an [*integrated pest management \(IPM\)*](#) approach. IPM uses a combination of methods to prevent and eliminate pests in the most effective and least hazardous manner.

Prevention is the key to avoiding a cockroach infestation:

- Check bags and other containers for cockroaches before bringing them into the home.
- Seal visible cracks and holes around doors, windows, baseboards, pipes, and electrical outlets.

If a cockroach makes its way into your home, maintenance and good housekeeping are essential:

- Fix any water leaks in the kitchen or bathroom.
- Cover food (including pet food) and garbage containers with lids.
- Inspect your home for signs of cockroaches (eggs, cast skins) regularly.

Pesticide products may also be used in an IPM plan if necessary. However, remember to always [*read the label first!*](#) Consider starting with the [*least-toxic options*](#) available. Peggy was given the telephone number for her [*cooperative extension service*](#) and the NPIC web site "[*Understanding and Controlling Cockroaches*](#)" to learn more handy tips about cockroach control in her home.

