



PREVENTION AND CONTROL OF COCKROACHES IN RESTAURANTS

Cockroaches may carry disease-causing bacteria and fungi that can be passed on through surface and food contamination. Their feces, saliva, eggs, outer covering, and cuticles can be left behind on surfaces, posing a potential health risk to humans.

Three things are needed by cockroaches to live: food, water and harborage. The most effective way to prevent them from invading an area is to eliminate their hiding places. The following can assist in this process:

Protect Food: Use durable containers with tight fitting lids for storing food.

Eliminate All Cardboard: When supplies are received, discard the cardboard as soon as possible. Use only durable containers that are easy to clean for storage of food and supplies.



Seal All Cracks and Crevices:

- Inspect all floors, walls and equipment, taking care to seal any cracks and crevices found
- Apply a smooth bead of silicon caulking to small cracks
- Apply expanding foam spray to larger gaps
- Make necessary repairs to holes in walls or broken equipment
- Remove any posters from walls unless they are secured to the wall on all four sides

Facilitate Easy Cleaning: Assure that equipment is properly placed to facilitate cleaning. Equipment such as refrigeration units, file cabinets, and other equipment should be up off the floor on either six inch legs, caster wheels, or a rack that provides easy access to clean the floor beneath the equipment.



Garbage: Any garbage containers that are used indoors within food preparation or dishwashing areas should be emptied as needed and washed at the end of every day.

General Sanitation: Clean facility and all equipment thoroughly and regularly to remove all food debris, dirt. Eliminate any standing water.

Professional Pest Control: In the case of an infestation, work with a professional pest control company to ensure appropriate treatments are applied to the area. Do not use household sprays that are not specifically permitted for use in commercial food facilities.

Additional Information

Insect Habitat and Lifecycle: The common "kitchen cockroach" is known as the German Cockroach (*Blattella germanica*) and is usually found in close relation to kitchens and food areas. It is a highly prolific insect that has a relatively fast reproductive cycle and can result in a troublesome infestation quickly. Each month a female cockroach will release an egg case that contains **30-40 eggs**. Each nymph (baby cockroach) will develop into adulthood in 40-120 days, depending on temperature and other environmental conditions.

egg case:



adult:



Insect Behavior: Cockroaches are nocturnal and will crawl across food preparation surfaces at night to find food. This activity can contaminate these surfaces which can potentially contaminate the food. It is crucial that Cockroaches be eliminated from restaurants to prevent this potential health hazard. If a cockroach is seen during the day, it is likely that many more exist.

Other Information Resources:

Identifying features of Indoor Cockroaches:

<http://www.ipm.ucdavis.edu/PMG/PESTNOTES/pni7467-2.html>

Cockroaches: Identification, Biology & Control – A Pacific Northwest Cooperative Extension Publication:

<http://cru.cahe.wsu.edu/CEPublications/pnw0186e/pnw0186e.pdf>

USDA: Curbing Cockroaches & Their Allergens:

<http://www.ars.usda.gov/is/AR/archive/jun98/cock0698.htm>