
COCKROACH INSPECTION AND PREVENTION CHECKLIST

INSPECTION:

1. Check Common Hiding Spots:

- Under kitchen sinks and bathroom cabinets
- Behind refrigerators, stoves, and other appliances
- Around trash cans
- Inside cracks and crevices in walls and floors
- Behind wall decorations and in cluttered areas

2. Identify Signs of Infestation:

- Cockroach droppings (small, black specks or cylindrical pellets)
- Egg cases (oothecae) or shed skins
- A musty or oily odor in infested areas
- Live or dead cockroaches

3. Assess the Extent of Infestation:

- Note the size of the cockroaches (adult, nymph)
- Identify the areas with the most activity
- Estimate the number of cockroaches observed

PREVENTION:

4. Eliminate Food Sources:

- Store food in sealed containers
- Clean up spills and crumbs immediately
- Avoid leaving pet food out overnight
- Regularly empty and clean trash cans

5. Reduce Water Availability:

- Fix leaky faucets and pipes
- Empty dishwasher after use
- Use a dehumidifier in damp areas of the home

6. Seal Entry Points:

- Caulk cracks and crevices around cabinets, baseboards, and pipes
- Install door sweeps on exterior doors
- Repair or replace damaged window screens
- Seal gaps around utility lines (e.g., gas, water, electricity)

7. Maintain a Clean Home:

- Vacuum regularly, especially in hard-to-reach areas
- Declutter and reduce hiding spots for cockroaches
- Regularly inspect and clean under appliances and furniture

8. Professional Consultation (if necessary):

- Contact a professional pest control service for an evaluation
- Consider professional treatment options if the infestation is severe

MONITORING:

9. Regular Inspections:

- Perform this checklist regularly (e.g., monthly) to monitor for signs of cockroach activity
- Keep an eye on previously infested areas for signs of return

10. Keep Records:

- Document the dates of inspections and areas of concern
- Note any changes in cockroach activity or successful mitigation strategies

This free checklist serves as a comprehensive guide to help homeowners proactively manage and prevent cockroach infestations. For more information visit <https://TheCockroachFacts.com>

