



In need of some assistance with a  
cockroach infestation?

# Call us today

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# COCKROACHES: Pest Advice

London Network for Pest Solutions Ltd provides  
information leaflets on the following pests:

Rats • Mice • Cockroaches • Squirrels • Bed Bugs • Wasps •  
Flies • Fleas • Moths • Ants • Foxes • Birds • Spiders

## What do cockroaches look like?

Although there are thousands of species of cockroaches, all have six legs, two antennae and a thorax. In the UK, the most common species are the German and Oriental cockroaches. Ranging between 10-15mm and 20-24mm in length respectively, the German cockroach is light brown or tan in colour, whereas the Oriental cockroach is usually dark brown or black. Both creepy crawlies have a tough, flat oval-shaped exoskeleton which has remained almost unchanged since dinosaurs roamed the Earth! Although cockroaches have wings, they aren't the strongest fliers and prefer to scuttle and scurry along the floors and walls.

## Where do cockroaches live?

Anywhere and everywhere! Cockroaches are one of the most resilient creatures in existence and can survive – or can even thrive – in virtually any environment. They tend to be city-dwellers, simply because urban areas offer plenty of scavenging opportunities in buildings, homes and restaurants. Cockroaches like to hide in nooks and crannies, cracks and crevices and essentially anywhere they can squeeze into – think cupboards, behind fridges, freezers and cookers, within kitchen appliances and under floorboards.

## What do cockroaches eat?

Everything. A cockroach is the very definition of an opportunistic scavenger and is considered one of the world's least fussiest eaters. The diet of a cockroach is

### DID YOU KNOW?

A cockroach can hold its breath for up to 40 minutes, and survive being submerged in water for half an hour.



### DID YOU KNOW?

German cockroaches can climb on smooth surfaces – such as walls and appliances, due to sticky pads on their feet.

extremely varied, ranging from the expected such as food and rubbish, to the more unusual, such as plastic, books and packaging. They also have an appetite for dead skin flakes, fingernails and even faecal matter!

## Are cockroaches bad for my health?

Although cockroaches aren't known to bite, they do pose a significant risk to human health. Not only is there a strong association between cockroaches and poor hygiene, but cockroaches also carry diseases such as salmonella, staphylococcus and streptococcus, as well as viruses such as polio.

## What are the signs of infestation?

As nocturnal creatures, it's often easier to spot the signs of an infestation, rather than to catch a cockroach in the act! Look out for damage not only to your food products, but also to any organic goods such as packaging or leather. You may also notice miniscule, black/brown droppings, and irregular smear marks, as well as an unusually unpleasant odour which lingers.

## How can I prevent a cockroach infestation?

Practice good hygiene and sanitation by regularly cleaning your home, paying particular attention to the kitchen, behind appliances and the bathroom. Store food in sealed containers, wipe up spills immediately and empty bins when they're full. Repair any holes, gaps

or cracks in walls and cupboards, and keep your home clutter-free.

## How to get rid of cockroaches

A cockroach infestation can be extremely distressing and while there are DIY treatments available, these are not a long-term solution due to a cockroach's extreme resilience.

To deal with an infestation effectively all live cockroaches, their eggs and nesting area must be destroyed. A professional pest controller will be able to identify the source of the infestation, and has the appropriate equipment, expertise and specialist insecticides to eradicate an infestation safely, effectively and efficiently.

