



Exterminating  
*cockroaches*



## THE COCKROACH IS AN OMNIVORE

There are thousands of different species of cockroach. The most common species in Sweden is the German cockroach. It is light brown and between ten and fifteen millimetres long. It is characterised by a light streak at the centre of its head.

In principle, the cockroach eats anything it can find. Even leather, paper and soap can serve as food. It is most active at night and can fly, but does so rarely.

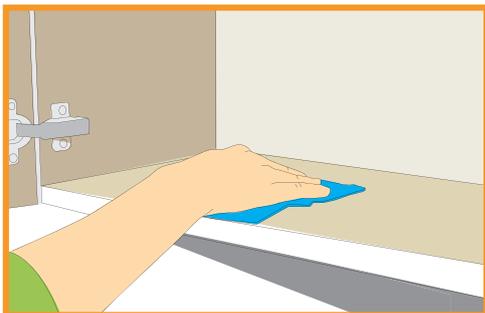


## PREVENTION

Keeping a clean and orderly house is a good place to start, as you are taking away food sources for cockroaches. Clear away dirty dishes promptly and keep everything clean. Store food and dry goods in securely sealed containers. Empty the trash often and avoid letting pet food stay out too long. Look out for damp areas in your home, cockroaches thrive here.

## BEFORE EXTERMINATION

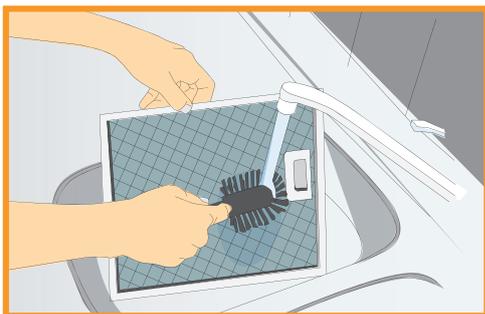
Cockroaches are difficult to get rid of. Successfully ridding your home of them requires that you as an occupant prepare your home to some extent.



- Empty all kitchen cabinets and dry them thoroughly.



- Dry countertops, shelves and inside cupboards.



- Clean thoroughly throughout, including the fan filter.



- Pull out the cooker and clean behind it, and leave it pulled out until the treatment is complete.



- Be sure to empty waste baskets promptly.



- Clean and dry underneath the sink.

## THE EXTERMINATION PROCESS

When we discover that there are cockroaches in the house, we put out so-called control stations, a foldable paper trap with adhesive tape in the middle. On the tape is a non-poisonous pheromone that attracts the cockroaches.

After a week, we check the paper traps, and if there are cockroaches in them, we begin extermination. Before extermination, we always do a risk assessment to determine the best extermination method and agent.

We use a long-lasting insecticide, and extermination itself takes just a few minutes. An alternative to chemical extermination is to apply an environmentally friendly and non-poisonous powder along narrow openings and baseboards. The powder serves to dry out the cockroach's skin and the cockroach subsequently dies.

No one may enter the room for four hours after extermination, but staying in adjacent rooms is fine. Pregnant women, persons with allergies and children under the age of three should not enter the treated areas until 24 hours after extermination.

It can take several weeks before all cockroaches are gone, and in severe cases, the extermination process may have to be repeated.



## AFTER EXTERMINATION

- Clean thoroughly.
- Vacuum carefully and often.
- Do **not** wash the floors or baseboards for four weeks; washing before that may remove the pesticide.
- Leave no dirty dishes out, but wash up often.
- Do not leave food out.
- Empty waste baskets often.



- Do not leave dishes with food remains in the sink, but wash up often.



- Avoid giving cockroaches any access to food. Never leave food and bread out.



- Store food and dry goods in sealed containers.

We use only pesticides that have been tested and approved by the Swedish authorities. Our servicemen are trained and licensed by the National Board of Health and Welfare.



## QUICK FACTS ABOUT COCKROACHES

### How do cockroaches get into my home?

Transporting food is always risky, regardless of whether it is food from a trip abroad or from the corner restaurant. Cockroaches thrive in dry goods such as spices, flour and rice.

Cockroaches multiply quickly, and the faster they are discovered, the lower the risk of them spreading in your home.

### How do I know if I have cockroaches at home?

Cockroaches can be difficult to detect, because they are averse to light and most active at night. A stale smell or dead cockroaches are often giveaways, as are droppings. Cockroaches often seek out heat sources to propagate, for instance behind a refrigerator or freezer, or behind the cooker. If you suspect you may have cockroaches in your home, you will often find them in these places.

### Do cockroaches spread germs?

Cockroaches can spread viruses and bacteria that can cause salmonella, jaundice and staphylococcus aureus, also called "postoperative infection". The bad-smelling secretion that cockroaches give off can sometimes cause allergic reactions.

### How do I get rid of them?

It can be difficult to get rid of cockroaches once you have them, but it is possible. We can offer various methods of extermination. Together we determine what is most suitable in your particular case. Contact us if you think you may be affected or if you have questions about other pests.

