



## PREVENTION

Cockroaches only need three things to survive: water, food and shelter.

Sanitation and exclusion are the two most important elements in cockroach prevention:

- Inspect items coming into the home.
- Clean spills and crumbs.
- Store food in air-tight containers.
- Fix leaky plumbing to reduce moisture.
- Seal off potential entry locations with appropriate caulk.
- Reduce clutter.
- Practice timely trash/recycling management.
- Keep exterior lights off at night.
- Install screens on windows.

For more information, visit  
**GO.UNL.EDU/COCKROACHES**  
Resources are available in English  
and Spanish.

### Nebraska Extension in Lancaster County

- 📍 444 Cherrycreek Rd., Ste A, Lincoln, NE 68528
- 🌐 [lancaster.unl.edu](http://lancaster.unl.edu)
- 📞 (402) 441-7180
- ✉ [lancaster@unl.edu](mailto:lancaster@unl.edu)

### Nebraska Extension in Douglas-Sarpy Counties

- 📍 8015 West Center Rd., Omaha, NE 68124
- 📍 1102 East 1st St., Ste 3, Papillion, NE 68048
- 🌐 [extension.unl.edu/statewide/douglas-sarpy](http://extension.unl.edu/statewide/douglas-sarpy)
- 📞 (402) 444-7804
- ✉ [douglas-sarpy@unl.edu](mailto:douglas-sarpy@unl.edu)



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# COCKROACH MANAGEMENT IN NEBRASKA



# INDOOR COCKROACHES

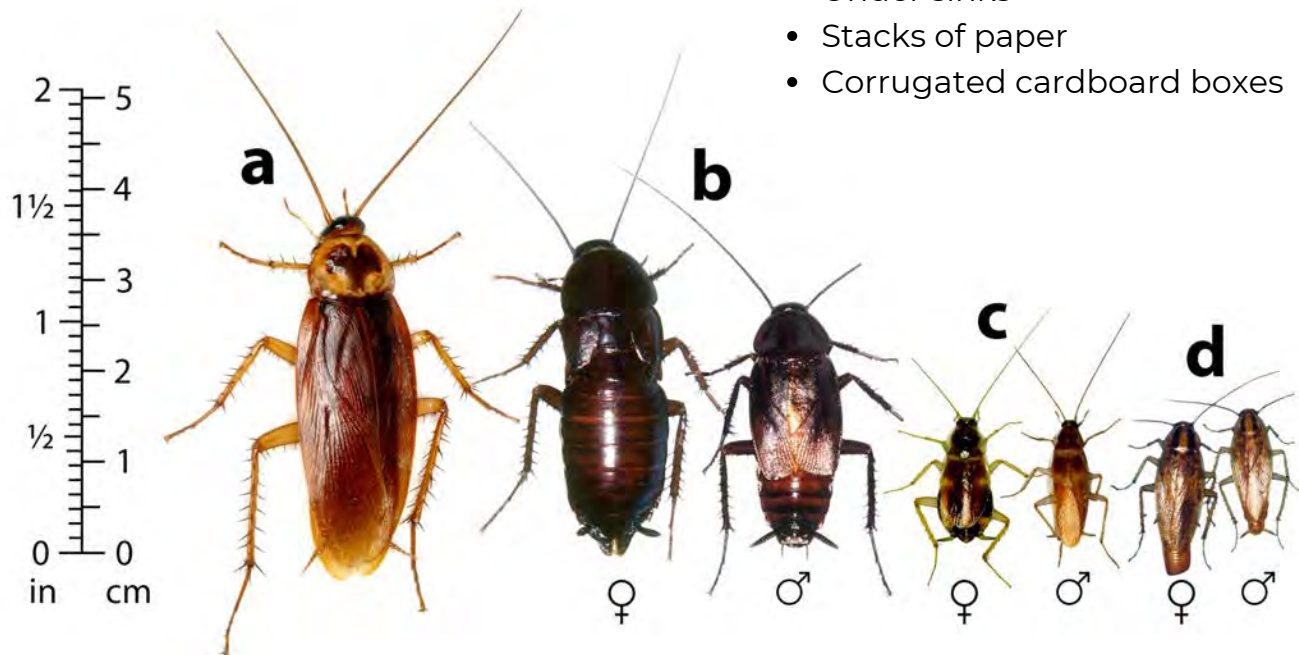
## IDENTIFICATION

There are four species of cockroaches that will infest\* residences in Nebraska:

- American cockroach
- Oriental cockroach
- Brownbanded cockroach
- German cockroach

\*Wood cockroaches will sometimes be found in residences, but cannot reproduce indoors.

Different cockroach species have different life cycles, behaviors and habitats. Identifying what species of cockroach you're dealing with can help you make better management decisions.



## LIFE CYCLE

All cockroaches undergo a gradual metamorphosis with three life stages: egg, nymph (immature) and adult.

Adult females produce egg cases called **ootheca**, from which a dozen or more cockroaches will hatch.

Nymphs resemble adults but are smaller in size and lack wings, although cockroaches featured in this brochure seldom fly.

## WHERE TO LOOK

- Countertops and cupboards
- Kitchen appliances
- Electronic devices
- Behind pictures
- Under sinks
- Stacks of paper
- Corrugated cardboard boxes

# WHAT TO DO IF YOU HAVE COCKROACHES

## TRAPPING

Monitor the size of the infestation using sticky traps placed in strategic locations.

Physically remove as many cockroaches as possible using a vacuum.

## BAITS

Use low-risk insecticides like bait stations or gel baits placed on wax paper "tacos" for easy placement. Baits are formulated to be attractive to cockroaches, palatable, slow-acting and limit insecticide exposure to people and pets.

## INSECTICIDES

If cockroach activity does not decrease with baits, consider adding an insecticidal spray labeled for indoor use for cockroaches to your management program. Be sure to read and follow all insecticide label directions.

If you live in a rental property, contact the property manager/landlord as soon as you see signs of a cockroach infestation.