House Centipede: Your Leggy Housemate

People are often shocked to see a house centipede scurrying speedily across the floor, wall, or ceiling. What are these creatures and should you be concerned to find one in your home?

- 3 Dark stripes down back
- Back legs are longest, creates confusion between head and butt
- Predaceous jaws
- Use venom to catch prey, but are harmless to us
- Total body length 1 to 1.25 inches OR 3 to 4 inches in length with legs
- Up to 15 pairs of long, delicate legs

Outdoors, house centipedes live under rocks and vegetation, preferring cool, damp places.

This means that indoors, they can be found in basements, bathrooms, and crawlspace; all places with prey and sufficient moisture.

Managing house centipedes

- Use glue board traps to snare hunting centipedes
- Eliminate prey items such as silverfish, cockroaches, spiders to starve them
- Reduce habitat by sealing entry points with caulk, sealant, weatherstripping, or screens and decrease moisture by fixing leaks, reducing condensation, or using dehumidifier
- Consider hiring a professional to treat hiding spots with labeled insecticide (pyrethroid, diatomaceous earth, silica dust)