

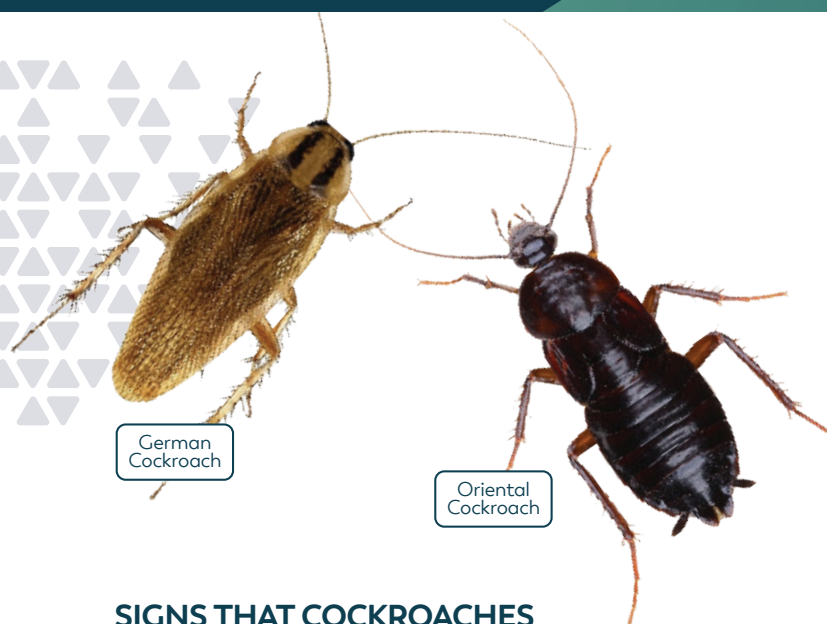


Cockroaches

Help sheet

Cockroaches are highly resilient pests that can threaten health and hygiene. In the UK, the two most common species are the Oriental and German cockroach.

These pests can spread diseases and allergens, making early detection and preventive measures essential.

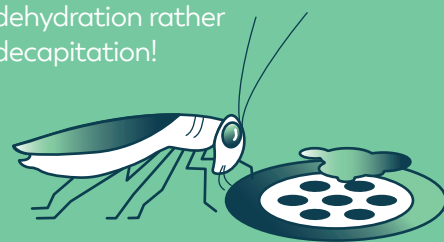


SIGNS THAT COCKROACHES MIGHT BE PRESENT

- ▶ **Droppings:** Small, dark droppings or smear marks, especially in corners, cabinets, or along walls.
- ▶ **Shed Skins:** Cockroaches shed their skins as they grow, leaving evidence of their presence.
- ▶ **Musty Odour:** A strong, unpleasant, musty smell may indicate a severe infestation.
- ▶ **Egg Cases:** Look for small, capsule-shaped egg cases (oothecae) in hidden areas like cracks, behind appliances, or inside cupboards.
- ▶ **Sightings:** Spotting cockroaches, especially at night when they are most active, is a clear sign of infestation.

Did you know...

Cockroaches can **survive a month without food** but need water daily, often lurking near sinks or leaks. They can even live headless for days due to their decentralised control systems, eventually dying from dehydration rather than decapitation!



WHAT YOU CAN DO TO HELP PREVENT COCKROACHES

- ▶ **Maintain Cleanliness:** Keep kitchens and food preparation areas spotless. Wipe down surfaces, vacuum regularly, and avoid leaving food crumbs or spills.
- ▶ **Store Food Properly:** Keep food in airtight containers and limit pet food exposure overnight.
- ▶ **Dispose of Waste Securely:** Use sealed bins and empty them frequently to prevent attracting cockroaches.
- ▶ **Fix Water Leaks:** Minimise their access to water by repairing dripping taps and pipes and seal entry points.

At Vergo, we will tailor our solution to meet your needs



If you have an issue with cockroaches, call **0344 335 0330** or visit vergo.uk

The future of pest management

Safety tip!

If you spot a cockroach, stay calm and avoid squashing it, as this can spread harmful bacteria.