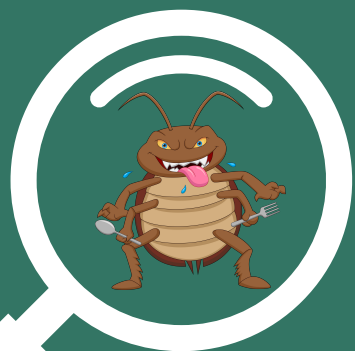


# ALL MOBILIZED STOP COCKROACHES !



## Good practices in your housing

> Épinal Habitat Practical Guide

### The cockroach

There are over 4,000 species of cockroaches worldwide. In France, the cockroaches found in homes are German cockroaches and Oriental cockroaches.

These fast-moving insects live at night.

#### German cockroach



#### Oriental cockroach



#### SIZE

Adult:  
12 to 15 mm long

Adult:  
20 to 30 mm long

#### APPEARANCE

- Light brown until adulthood
- Dark brown in adulthood
- Dark brown or black color
- Females are larger than males

#### LIFETIME

- 100 days from egg to adult
- From 3 to 7 months
- 120 to 200 days from egg to adult
- From 2 to 3 months

#### FOOD

- Organic waste (our food)
- Household products (glue, bleach, etc.)
- From fellow creatures and other insects

#### TIME BETWEEN 2 MEALS

- They can survive a month without food
- Less than two weeks without water

### How do you know if there are cockroaches?

Cockroaches are **nocturnal insects**, which means **they are most active and visible at night**.

In the event of heavy infestation, they can be seen during the day, characteristic signs are:

- \* The presence of **egg pockets** or **a mass of dead or living cockroaches**.
- \* **Bad smells**: they give off malodorous substances that enable them to communicate with each other. The greater the infestation, the stronger the smell.
- \* **Traces of excrement**: about 1 mm long, resembling the remains of ground coffee.
- \* **Deterioration of foodstuffs and/or food packaging**.

### WHERE ARE THERE ?



# Good practices to adopt.

## CHECK ACCESS POINTS

vents, pipes, etc., seal all cracks and reattach loose wallpaper.



## DO NOT LEAVE DIRTY DISHES

of food and water on the table or work surface all day or all night. Do the same with pet food.



## PRESERVE FOOD PRODUCTS

in hermetically sealed cans or in the refrigerator, out of reach of insects.



## CLEANING THE KITCHEN

regularly, as well as all surfaces such as cupboard interiors, household appliances, etc.



## EMPTYING GARBAGE CANS

regularly in well-sealed plastic bags and take them straight outside.



## A FEW TIPS TO COMBAT COCKROACHES

### 1. Baking soda:

enemy number 1 of cockroaches, baking soda is one of the best solutions. To do this, mix the product with powdered sugar, then arrange the mixture in small plates placed around the dwelling. Attracted by the sugar, the cockroaches will come and eat the mixture, which will dehydrate them.

### 2. Fine lavender essential oil:

very useful for scaring them away. Every day, soak several pieces of absorbent cotton with this product, preferably placing them in your cupboards.

### 3. White vinegar :

often used for effective cleaning, it can also be used to eradicate cockroaches. Spray it on the bottom of walls, in furniture and near windows.



## CAUTION!

**NEVER** use bleach to eliminate cockroaches. Cockroaches love bleach and it makes them multiply faster!

# Don't wait to talk about it to your landlord !

Contact the Neighborhood  
Office at **03 29 34 95 06**  
who will liaise with the service provider

You can also find all this information  
on our website:



> [www.epinal-habitat.com](http://www.epinal-habitat.com)  
> "Actualités" section

