

# A neighbor's guide to roaches and bedbugs



A basic education on household  
pests

Created by the refugee housing  
program

Mercy housing

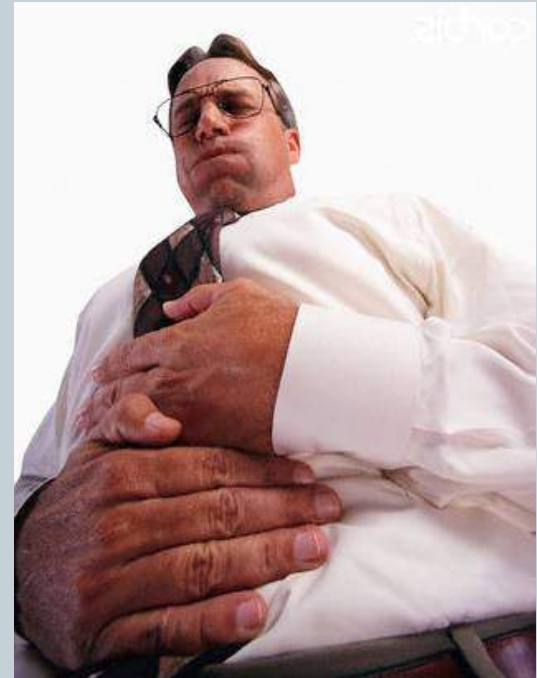
# Cockroaches



# Cockroaches



- Can cause respiratory problems (asthma)
- Can transmit digestive diseases



# Cockroaches



Where would a cockroach like to live?



# Cockroaches



Answer: Cockroaches like places that are

-dark

-warm

-moist

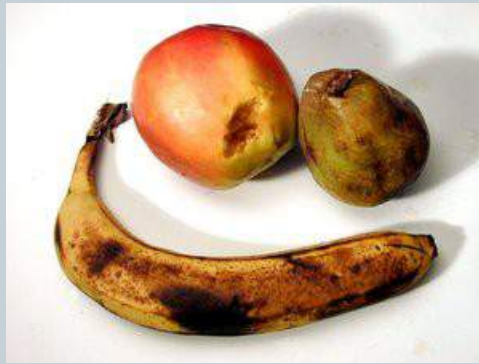
They can often be found in basements, under sinks, in crawlspaces and in cracks in walls.

Some cockroaches hide in warm electronics equipment.

# Cockroaches



What would a cockroach eat?



# Cockroaches



-Prefer sweets and decaying food

But also will eat:

-paper

-boots

-hair

-bread

-fruit

-fish

-peanuts

-old rice

-putrid wine

-cloth

-dead insects



# Cockroaches



What should I look for to know I have cockroaches?





# Cockroaches



Brown spots along walls and trim and near food  
(looks like black pepper)

# Cockroaches



Cockroach eggs

# Cockroaches



Dead cockroaches

# Cockroaches



**Live cockroaches!**

# Cockroaches



What can I do to prevent cockroaches?



# Cockroaches



Reduce food for cockroaches:

- Store food in tightly-sealed containers
- Take garbage out every day
- Pick up stacks of newspapers
- Wash dishes immediately
- Clean counters, sinks and tables with soap
- Vacuum at least twice a week and throw out bag
- Sweep floors with broom daily
- Do not leave pet food out overnight

# Cockroaches



Get rid of places for cockroaches to hide:

-Remove piles of stuff like boxes, papers and clothes





# Cockroaches



Do not bring cockroaches into your home.

# Cockroaches



Report repairs to management:

- Leaks
- Cracks under doors and near windows
- Cracks in walls, holes near toilet or sink
- Loose wallpaper
- Garbage piling up
- Report evidence of cockroaches to management

# Cockroaches



Some poisons are effective:

- Boric acid
- “Bait stations”
- Sprays: look for “For Ants and Roaches”
- Extreme cold kills cockroaches

Do not spray on surfaces where food will be!

Do not put where children can access!

# Bedbugs



# Bedbugs



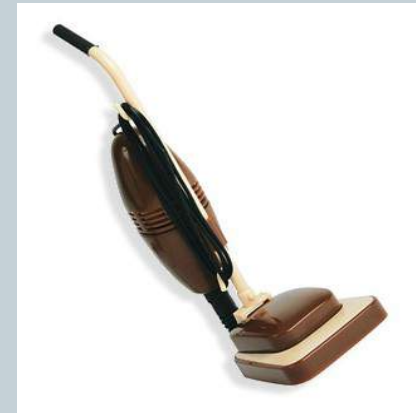
Cause skin irritation but don't transmit disease.



# Bedbugs



Where would bedbugs like to live?



# Bedbugs



A: Bedbugs like to live in many places:

- Along the seams in mattresses
- Under rugs
- In piles of clothes
- Under loose wallpaper
- Along picture frames
- Cracks in walls
- In curtains and wall hangings



# Bedbugs



Where are the bedbugs?

# Bedbugs



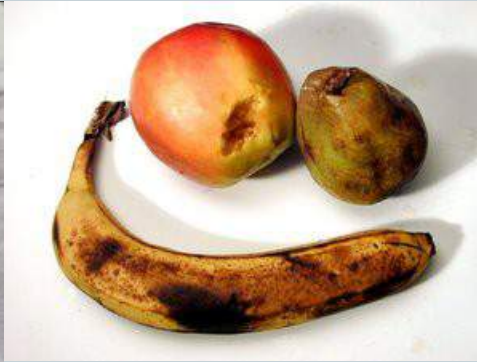
A:

Bedbugs can be found in almost any housing, from luxury hotels to inexpensive apartments

# Bedbugs



What is dinner for a bedbug?



# Bedbugs



- A:
- Bedbugs feed on human blood
  - Bedbugs will also sometimes feed on animals
  - They can go 6 months without eating and survive

# Bedbugs



What should I look for to know I have bedbugs?

# Bedbugs



Rashes (maybe)

# Bedbugs



Live bedbugs in mattresses and in other hiding places.



# Bedbugs



**Brown spots on mattresses**

# Bedbugs



- Sweet smell
- Note: Sticky traps do not usually detect bedbugs



# Bedbugs



What can I do to prevent bedbugs?



# Bedbugs



Don't bring in furniture from the dumpster  
Look for signs of infestation before accepting furniture

# Bedbugs



Vacuum daily and throw away vacuum bags

Do not share vacuums with neighbors

Vacuum around creases of mattresses and couches

Lift rugs and vacuum under

# Bedbugs



- Do not hang fabric as wall decoration
- Do not allow long curtains to touch floor
- Tuck bedding into mattress to prevent bugs from climbing up
- Remove piles of clothing from floor

# Bedbugs



What should I do if I get bedbugs?

- Report right away! The longer you wait, the worse it gets.
- When pest control comes, follow preparation instructions
- Understand that bedbugs are VERY difficult to get rid of



# Bedbugs



Contain the problem:

- Put containers of soap under the legs of beds
- Cover beds with plastic mattress covers
- Wash all clothes and fabrics in hot soapy water and dry all clothes on high heat. Throw plastic bags carrying clothes away.
- Iron or steam couches and other furniture
- Keep piles of clothes off the floor



**What can you do?**



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