

4 ways to get rid of cockroaches



#2 CLEAN

- Keep work surfaces clear from food debris and crumbs
- Clean up drink spillage
- Remove pet food, water bowls and litter trays at night time
- Vacuum regularly

#1 ELIMINATE FOOD SOURCES

- Remove standing liquids from buckets and sinks
- Remove leftovers from tables, worktops and counters
- Store food in air tight containers
- Rinse out cans, bottles, and plastics before throwing away
- Empty bins daily

#3 DECLUTTER

- Store items in plastic containers
- Get rid of stacks of newspapers and magazines

#4 MAINTENANCE

- Identify and seal cracks and crevices in walls, skirting boards, under kitchen sinks, electrical sockets, and bathroom cabinets
- Use expanding foam to seal possible entrances
- Repair damaged pipes (they love damp places) and check them regularly for damage
- Paint or varnish wooden shelves to seal cracks and crevices