

FREE: Cockroach Prevention Checklist

25 sanitation and exclusion tips

Kitchen Sanitation

1. Clean under refrigerator and stove monthly
2. Wipe down all surfaces nightly before bed
3. Empty kitchen trash daily
4. Clean grease from stove hood and filters
5. Wash dishes immediately after meals
6. Store food in sealed containers

Moisture Elimination

7. Fix all leaky pipes and faucets
8. Dry sinks and tubs before bedtime
9. Use bathroom ventilation fans
10. Empty pet water bowls at night
11. Address condensation on pipes

Entry Point Sealing

12. Caulk around pipes under sinks
13. Seal gaps around electrical outlets
14. Install door sweeps on all exterior doors
15. Repair weather stripping on windows
16. Fill cracks in walls and baseboards

Decluttering

17. Remove cardboard boxes (roaches love them)
18. Organize storage areas regularly
19. Don't let newspapers and magazines pile up
20. Keep closets clean and organized

Outdoor Prevention

21. Keep outdoor trash sealed
22. Remove leaf litter near foundation
23. Trim vegetation touching house
24. Seal cracks in foundation



Need Professional Help? Call Romex Pest Control today!

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