

German Cockroaches

(German Cockroach – *Blattella germanica*)



German cockroach (adult)



Female carrying her egg case



Empty (hatched) egg case

Identification – The German cockroach is the small roach that lives in kitchens and bathrooms. Adults are about 1/2 to 5/8 inch long and light brown to tan, with two dark stripes running down the shield behind the head. They have wings but rarely fly. The young, called nymphs, are smaller, darker and wingless. Females carry a tan, purse-shaped egg case on the tip of the body until it's nearly ready to hatch. German roaches only come in one size, so if you're seeing big ones, it's probably a **wood cockroach**, which is seasonal, comes in from outside, flies to lights like a moth and doesn't infest homes, or else a large outdoor roach from mulch or drains.

Why they're a problem – They breed fast. Each egg case holds 30 to 40 or more eggs, and they go from egg to adult in about 3 months, so one female carrying an egg case can start an infestation. On top of that, their droppings and shed skins can trigger allergies and asthma.

What we find – German roaches don't come in from the yard. They live only indoors and get carried in with deliveries, grocery bags, boxes and used appliances. In heavy infestations, they can also migrate from adjacent units in malls, apartments and townhomes. They hide in cracks near food, water and warmth, such as under the sink, around pipes, in cabinet hinges, behind the refrigerator near the compressor, under the stove and dishwasher, and even inside routers. Look for pepper-like droppings and dark smudges in corners, along with shed skins and empty egg cases. The worst cases we see are in homes where nothing was done until the problem got out of hand. Foggers and store-bought sprays are repellent treatments, and they make a baiting program and the overall elimination take much longer.

What works – **The answer is bait in the cracks where they live, along with follow-up visits.** Professional bait is more than 99% food and other non-active ingredients. Our standard protocol is a two-part baiting program, with treatments scheduled 14 days apart using two different bait formulas to overcome bait aversion. Weekly visits are only needed for heavy infestations. You should expect to see some roaches for a few weeks, mostly babies. Newly hatched nymphs stay hidden and feed on fecal matter and other debris rather than bait, so they're the last ones you'll normally see after treatment. That's normal, and it means the bait is working.

What you can do – Your part matters as much as ours. First, **don't spray or fog.** Store-bought sprays contaminate the bait so roaches won't eat it, and they scatter roaches into the walls and the unit next door. Next, take away their food and water by wiping up crumbs and grease (including behind the stove and refrigerator), not leaving dishes or pet food out overnight, and fixing dripping pipes under the sink. Get rid of cardboard boxes and paper bags, and check deliveries and grocery bags before they go in the pantry. Glue board traps under the sink and behind appliances will show you where the roaches are and whether their numbers are dropping.

When to call Dynamic – One roach in the trash can may be a straggler that came in with a delivery. But if you see a second one, or any in the daytime, or you find droppings or egg cases, you have a breeding population that needs professional baiting. And if you're not sure whether it's a German roach or a wood roach that wandered in, send us a photo and we'll identify it for you.