

## **CMHC-Canada's Leading Source of Housing Information**

Canada Mortgage and Housing Corporation is committed to housing quality, affordability and choice for Canadians. For more than 50 years CMHC has developed new ways to help Canadians finance home purchases, fostered innovation in housing design and technology, and provided social housing programs to help those most in need. CMHC has also played a major role in the development of Canada's housing industry. We've recently become the industry's export partner, supporting and promoting housing exports in foreign markets.

CMHC is Canada's largest publisher of housing information, in both print and electronic formats. Today, CMHC offers Canada's most comprehensive selection of publications, videos, software, data and analysis. The Canadian housing industry looks to CMHC for reliable and objective housing information on construction techniques, housing design, business skills, new technologies and market trends.

Canadians have come to rely on CMHC for advice and information on buying a home, home renovation, Healthy Housing, design and adaptation and home security. We offer easy access to our information through a 1 800 number, Web site, cross-country regional locations and retail outlets.

CMHC information: Tel.: 1 800 668-2642  
Fax: 613 748-4069  
Web site: [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca)

**Canada Mortgage and Housing Corporation  
supports the Government of Canada policy  
on access to information for people with  
disabilities. If you wish to obtain this  
publication in alternative formats,  
call 1 800 668-2642**

# FAREWELL To Cockroaches

Getting Rid of Cockroaches  
the Least-Toxic Way

Cette publication est aussi disponible en français sous le titre

*Adieu Coquerelles / – Comment se débarrasser des coquerelles de la façon  
la moins toxique (LNH 2046)*

Canada

This project was funded by Canada Mortgage and Housing Corporation (CMHC) but the views expressed are the personal views of the author(s) and CMHC accepts no responsibility for them.

Canadian Cataloguing in Publication Data

Main entry under title:

Farewell to cockroaches: getting rid of cockroaches the least-toxic way

Issued also in French under title: Adieu coquerelles.

Comment se débarrasser des coquerelles de la façon la moins toxique

ISBN 0-662-26768-0

Cat. No. NH15-205/1 998E

1. Cockroaches -- Control.
2. Pests -- Integrated control.
3. Pesticides.
  - I. Canada Mortgage and Housing Corporation.
  - II. Title: Getting rid of cockroaches the least-toxic way.

TH9041.F37 1998      363.7'8      C98-9801 68-3

© 1998 Canada Mortgage and Housing Corporation, All rights reserved.  
No portion of this book may be reproduced, stored in a retrieval system or transmitted in any form or by any means, mechanical, electronic, photocopying, recording or otherwise without the prior written permission of Canada Mortgage and Housing Corporation. Without limiting the generality of the foregoing no portion of this book may be translated from English into any other language without the prior written permission of Canada Mortgage and Housing Corporation.

Printed in Canada  
Produced by CMHC

## Table of Contents

Farewell to Cockroaches	
Controlling Cockroaches the Better, Least-Toxic Way	5
The 1PM Approach	6
Who Does What in IPM in an Apartment Building <sup>5</sup>	10
What You Need to Do to Prevent Cockroach Problems	11
Using the Least-Toxic Pest Control Products	16
Preferred Pest Control Products in an 1PM Program	18
If Pesticide Spraying is Needed	20
For More Information	24
Keeping a Personal Record of Cockroach Problems	25

# FAREWELL To Cockroaches

---

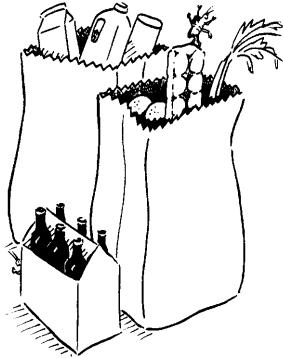
## Getting Rid of Cockroaches the Least-Toxic Way

Nobody likes a cockroach except another cockroach, and another and another. That's the trouble: our houses and apartments have everything cockroaches need to survive and multiply quickly. Cockroaches are so good at breeding that if one pregnant female gets into your home, she could be the cause of 100,000 new cockroaches within a year under ideal conditions!

Anybody, no matter how neat and clean they keep their home, can have cockroaches. The reason is simple. It's very easy for our homes to meet the basic needs of cockroaches for food, water, warmth and dark hiding places to live and breed in.

You should not feel ashamed about getting cockroaches in your home. They can arrive in a grocery bag or a case of beverages you just brought home from the store. Or they may enter your apartment from the one next door to you, since apartment buildings have lots of "highways" for cockroaches to travel on. For example, they may crawl along heating ducts or water pipes. And they can fit into tiny cracks and gaps in floors, walls and doorways.

You can get cockroaches so easily but getting rid of them can seem so hard. This booklet is about controlling cockroaches in ways that are the least toxic and most effective in the long term.



*"OK guys - the coast is clear!"*

**FAREWELL TO COCKROACHES**

2...

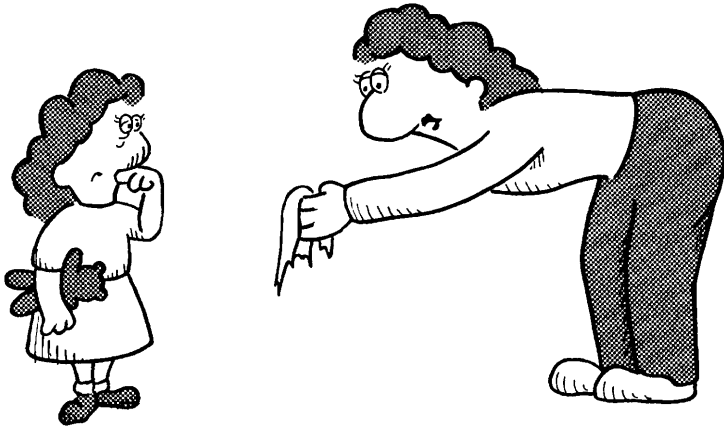
## Protecting Your Health

### Health Concerns about Cockroaches

Cockroaches may be able to transmit disease to people. But it's not known for sure whether they actually do. For example, cockroaches can carry disease-causing bacteria that are the same ones which cause food poisoning. Cockroaches have these bacteria because they eat almost anything they find, such as food that has gone bad. They can also leave bacteria behind as they crawl around your kitchen or bathroom.

If you are allergic to house dust you may also be allergic to cockroaches. Bits and pieces of cockroach bodies, as well as their feces (which look like specks of black pepper) can become part of the dust in your home. Allergic reactions to cockroaches happen more often to people who have asthma. Children's health especially can be affected as asthma is more common in them than adults.

If you or other family members have allergy symptoms – such as stuffy nose, sneezing, headaches, watery eyes and shortness of breath – and your home also has cockroaches, you may be allergic to cockroaches. About one in 10 people is allergic to cockroaches, and about 50 per cent of people with asthma are allergic to cockroaches.



*"I just don't understand why your allergies won't go away.."*

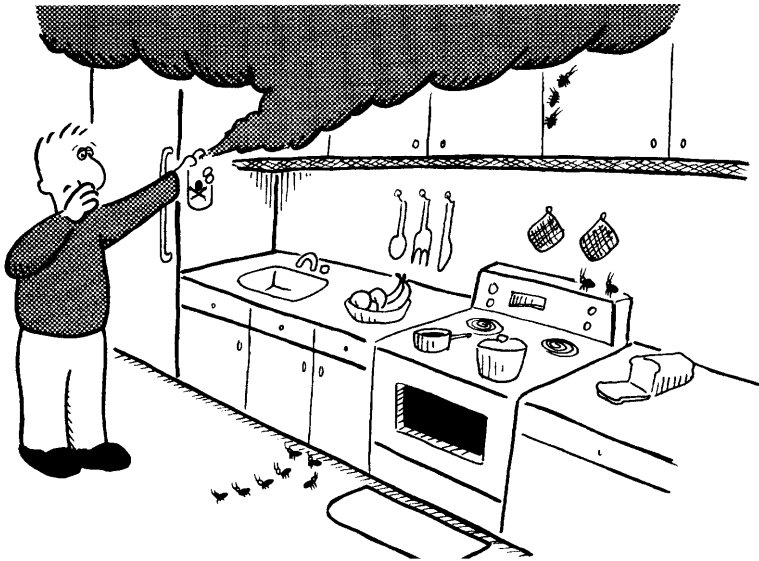
## Health Concerns About Pesticides

Pesticides are chemicals used to kill cockroaches and other insects. Some pesticides can be harmful to your health and to the environment, particularly if not used as directed on the label.

One way to try to get rid of cockroaches is to hire a licensed exterminator to spray your house or apartment with a pesticide. However, cockroaches can build up a resistance to a particular chemical over time. More frequent application may be needed to do the job, or a different, more toxic pesticide may be needed to do the job.

Even if one pesticide continues to kill the insects, you may still have a problem. Unless you get rid of the things that cockroaches need to survive, they will keep coming back and you will need to spray again and again.

Using pesticide sprays indoors can be a health risk. The chemicals can remain inside your home for a long time, especially if the windows are closed. Because we spend a lot of time indoors it's easy to come in contact with these pesticides.



*"I don't get it. I spray every week and they keep coming back!"*

When pesticides are used outside, they break down more easily because sunlight and bacteria in the soil help to turn them into less harmful substances. If pesticide spray drifts over play areas, young children can be exposed to the chemical because they put their hands and their toys into their mouths so often. Children also tend to be more sensitive than adults to the effects of toxic chemicals.

Pesticides are intended to kill pests. They are poisonous and can be harmful to other living things. The immediate health effects on people who are accidentally over-exposed to pesticides may include:

- headaches                      tiredness
- dizziness                      nausea
- stomach cramps              skin and eye irritation

Some pesticides used to control cockroaches, such as diazinon or propoxur, can affect the human nervous system. The effect of exposure to small amounts of pesticide over a longer time, such as several years or a lifetime, is not fully understood. For example, many people are concerned about whether pesticides may help cancer to develop. Pesticides are tested for their cancer-causing ability, but scientists don't yet have all the answers.

- 
- 
-



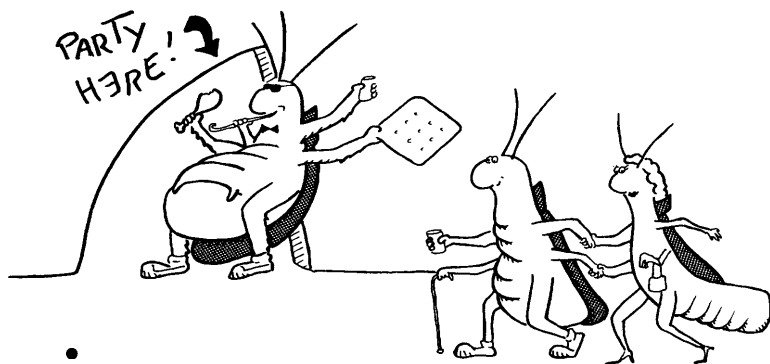
## Controlling Cockroaches the Better, Least-Toxic Way

As you can see, there are now actually two groups of unwelcome guests in your home – cockroaches and pesticides – especially if pesticides are the only control used. If all we do is spray pesticides, we are killing the cockroaches but doing nothing to get at the reasons they are in your home. In that situation, it's almost guaranteed they will return and your house or apartment will need to be sprayed with pesticides again and again.

When you take some actions to prevent a cockroach problem, it's easier to get rid of a few of them if they get into your home. And you'll have much less trouble with cockroaches if you take action as soon as you see one, instead of waiting until you have hundreds.

The best way to get rid of cockroaches is to do these three things:

- CUT OFF their food, water and hiding places.
- SEAL UP the cockroach “highways” in apartment buildings and houses. This prevents them from moving from room to room in a home, and from one apartment to another in a building.
- USE pest control products, such as baits, bait stations or dusts, which will reduce your exposure to pesticides overall.



*“I love living here! We get all the food and drink we could ever want!”*

FAREWELL TO COCKROACHES

# The PPM Approach

In this book, the approach we describe to controlling cockroaches (or any insect) is called **Integrated Pest Management or 1PM**.

1PM is the most effective approach because it combines all available cockroach control methods instead of relying only on spraying pesticides.

1PM combines changes in the cockroach's living space with the careful use of pest control products. The result is elimination, or reduction to a level so low that you won't even notice.

## The Differences Between Traditional Pest Control and 1PM

Traditional	IPM
<i>Responds</i> to existing pest problems	<i>Prevents</i> pest problems
<i>Applies</i> pesticides routinely	<i>Applies</i> pesticides only if needed
<i>Uses</i> sprays and aerosols	<i>Uses</i> baits and powders
<i>Moderate</i> risk of exposure to pesticide	<i>Low</i> risk of exposure to pesticide
<i>Uses</i> pest control products that tend to be moderately toxic	<i>Uses</i> pest control products that tend to have low toxicity

## The 1PM Five-Step Approach

The 1PM approach has five steps to control cockroaches.

The steps are:

- 1. **Inspect**
- 2. **Monitor**
- 3. **Decide**
- 4. **Control**
- 5. **Evaluate**

## STEP 1 . INSPECT

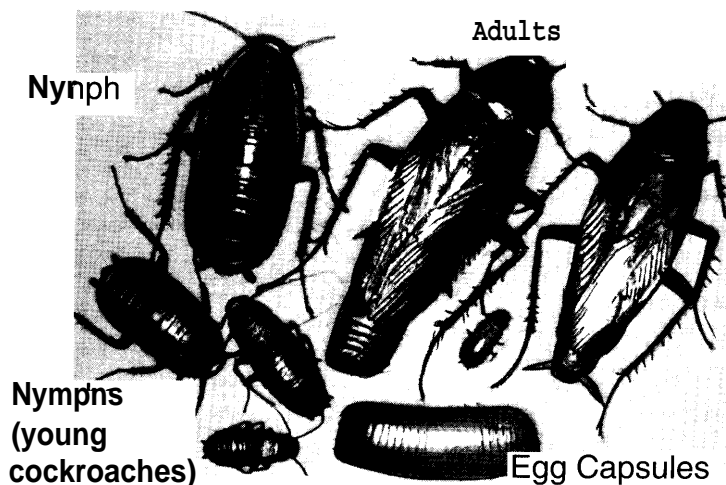
Inspect your house or apartment closely:

- to confirm that there is a cockroach problem;
- to identify what kind of cockroach you have;
- to find out exactly where the problem areas are; and,
- to look for things that may be causing cockroaches to get into your home.

The most common kind of cockroach in Canadian homes is called the German cockroach. The places they like are warm, dark, and moist.

You're most likely to find them in your kitchen or bathroom. Since cockroaches love darkness, you will see them scurrying for cover when you switch on the light at night. You won't see them in the daytime unless the cockroach problem in your home is very bad.

If you see cockroaches, be sure to deal with the problem right away. If you are a tenant, tell your superintendent or building manager. Just putting up with cockroaches will not make them go away. In fact, because cockroaches breed so quickly, ignoring them will make it worse.



GERMAN COCKROACH STAGES

FAREWELL TO COCKROACHES

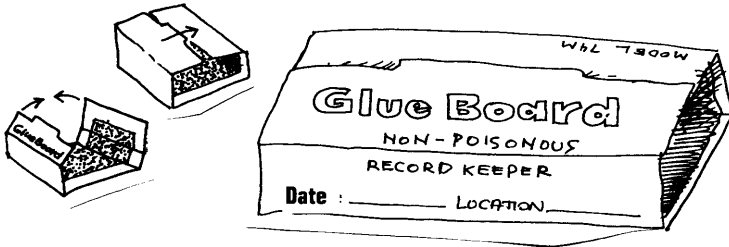
1991 **4**

## STEP 2 - MONITOR

Monitor to find out how bad the problem is and where it is, by using "glue boards." Glue boards, also called sticky traps, can help you pinpoint problem areas within the kitchen, dining room and bathrooms. They show where most of the cockroaches live. Keep a written record of the results.

There are several kinds of traps available to catch and count cockroaches.

### Glue Traps



To monitor for roaches, place the traps in several locations where cockroaches visit and leave them in place for two to seven days. Use the same trap locations for all follow-up monitoring.

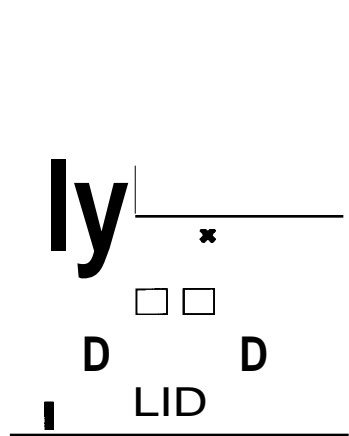
### Where To Place Traps to Find Problem Areas

#### In the Bathroom

under the bathroom sink  
around and behind the  
toilet and bathtub

#### In the Kitchen

under the kitchen sink  
under and behind the  
refrigerator and stove  
in the back of the  
cupboards and other  
food storage areas.



---

## STEP 3 - DECIDE

**Decide** on the number of cockroaches you can tolerate in your building. For most people, this means no cockroaches. However, if you live in an apartment building, it may mean sometimes seeing a few cockroaches near the garbage collection chutes on your floor, or common waste collection areas.

## STEP 4 - CONTROL

**Control** cockroaches by using several control methods at the same time.

These include:

- cutting off food and water sources,
- sealing cracks and cavities to prevent cockroaches from living in them, and
- using pest control products such as baits, bait stations and dusts.

Use pesticide sprays only as a last resort for a severe cockroach problem.

## STEP 5 - EVALUATE

**Evaluate** how successful your cockroach control program has been by repeating Step 2 —Monitor. The number of cockroaches on your sticky traps should be a much lower after the 1PM program than it was before. Ideally, it should be zero. If you still have cockroaches, you need to go back to Step 4.

- 
- 
-

**WHO Does WHAT in 1PM  
in an Apartment Building?**

The checklist below shows the five steps undertaken by a pest control company in an ideal 1PM program for cockroach control in a multi-unit building. The checklist shows who is most responsible for each step. As you can see, a successful 1PM program is a partnership between the residents, the landlord and the pest control company.

Steps in 1PM Program	Resident	Landlord	Pest Control Company
<b>1. INSPECTION</b> See what problem you have	✓		✓
<b>2. MONITORING</b> Use traps to see where the problem is			V
<b>3. DECIDING HOW MUCH CONTROL</b> Aim for total elimination of cockroaches	V	V	V
<b>4. CONTROLLING COCKROACHES</b> make structural improvements such as caulking		V	V
improve housekeeping such as removing food and water sources, and hiding places	V		
use the least-toxic pest control products			V
<b>5. EVALUATING</b> Use traps to count cockroaches and to measure your success			V

---

## What YOU Need to Do to Prevent Cockroach Problems

Cockroaches can grow to a huge population on what may seem to us like very little food and water. That's why it's so important to reduce all possible sources of food and water for cockroaches.

There are lots of "good housekeeping" habits you can practise, whether or not you have a cockroach problem. If cockroaches later move into your home, you'll be glad you took some steps at prevention. The problem would be far worse if you had done nothing.

Taking preventive steps might seem like a lot of extra work for you and other people in your household. But try not to get discouraged – it really is worth the time now.

Taking action now to reduce food, water and hiding places for cockroaches will save you time and trouble later. And it could save you from possible over exposure to the pesticides that might otherwise be needed.

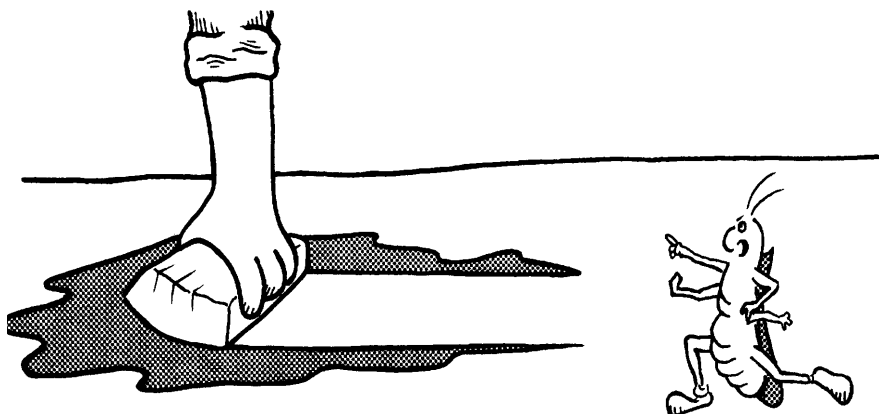


*"Perhaps I should have done something sooner!"*

## THINGS TO DO EVERY DAY

even if you don't notice a cockroach problem

- Wipe off your kitchen counters and dining room table (or any other place where you eat) after every meal or snack.
- Don't leave dirty dishes on the kitchen counter overnight. If you need to soak a pot overnight, make sure it's filled with hot, soapy water. If you need to leave dishes overnight, rinse them first.
- If you use a dishwasher, make sure you don't leave dirty dishes in it overnight.
- Wipe any grease off the stove top and burners every night.
- Clean up all food spills promptly, especially on carpets and furniture.
- Garbage and compost should be kept in containers with lids and disposed of as often as possible.
- If your bathroom has a fan, use it after every bath or shower to reduce humidity.



*"STOP! STOP! You're wiping up my dinner!"*



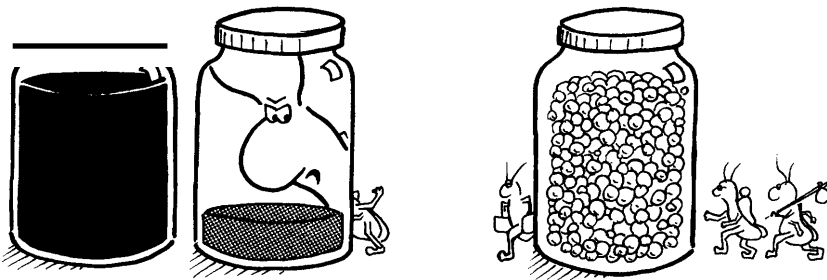
## THINGS TO DO REGULARLY

especially if **you** already have cockroaches:

All foods stored in kitchen cupboards should be kept in sealed containers. Put store-bought foods packaged in paper or plastic bags (such as sugar, flour, rice and cookies) in glass jars or plastic containers with tight lids.

- Vacuum and sweep your home regularly to help remove bits of food. Use the narrow, crevice attachment that comes with your vacuum cleaner to suck cockroaches out of cracks, from under your refrigerator and stove, from cupboards and off furniture.
- Hard-to-clean areas are probably the main sources of your cockroach problem and they need regular (monthly) attention: if possible, pull out refrigerators, stoves and freezers, and clean behind, beside and under them.
- Wash the outside of kitchen appliances and vacuum dusty areas around motors, such as at the back of the refrigerator.
- Regularly clean the inside of your oven and the air vent (fume hood) above your stove to remove grease.
- Regularly check water faucets for leaks and make sure there are no leaks in the plumbing underneath the kitchen or bathroom sink.

Empty your dog's or cat's water bowl at night and fill it again in the morning. Empty and wash pet food dishes daily.



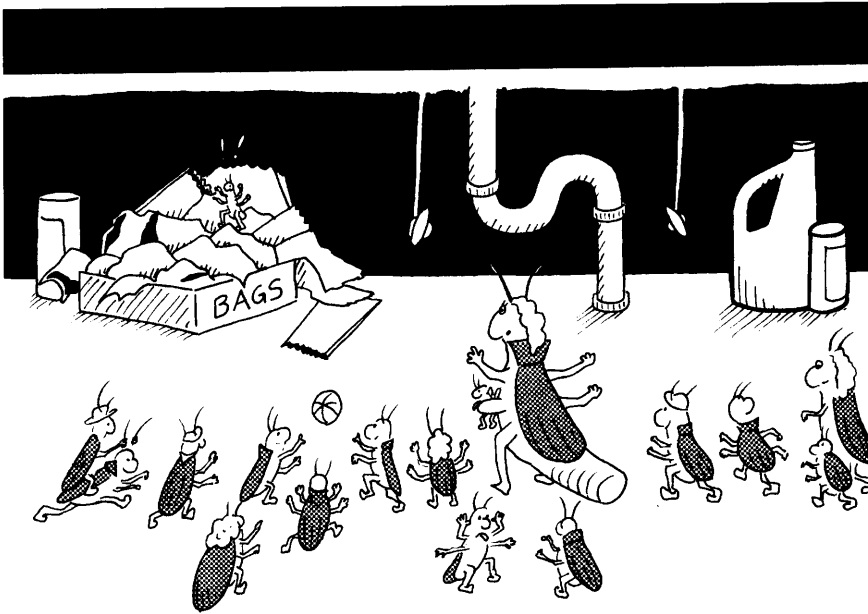
*"No food here - let's go! This place is no fun anymore."*

## Getting Rid of Hiding Places

After depriving cockroaches of food and water you need to reduce the number of hiding places they need for shelter in your home. Cockroaches like tight, small places. Try to remove as much clutter as you can:

- don't stuff paper bags in the space between your refrigerator and a kitchen cupboard. Store them in a cupboard or drawer away from the kitchen or bathroom.

try to keep cupboards as tidy as possible, without a lot of clutter, so cockroaches don't have narrow, dark places to hide in.



*Let's go kids! I think Daddy's found us a new home!"*

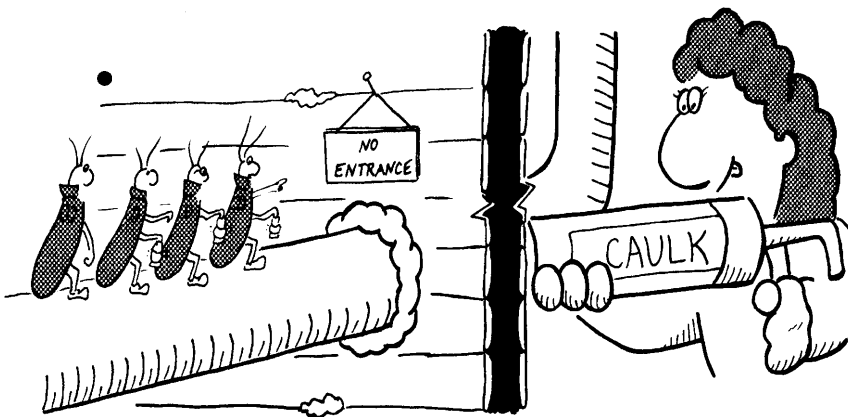
## Making Sure Your Home is Well Maintained

In addition to the good habits that you can adopt to get rid of shelter places for cockroaches, your kitchen and bathroom must be in good repair. If you are a tenant, you need to discuss structural improvements with your building manager, superintendent or landlord. These may include:

- Sealing holes in walls around plumbing and electrical lines between apartment units,
- Caulking cracks and crevices in cupboards and walls,

Fixing leaking taps and toilets.

If you own your home, you can do structural improvements yourself or hire someone to do them. One of the most important things to do is to caulk and seal up the many cracks and crevices in the typical house or apartment. These are the tiny “doorways” that cockroaches use to get into their dark hiding places behind the walls. If they can’t get there, they can’t keep multiplying.



*“Let’s go back we can’t get through here anymore.”*

## Using the Least—toxic Pest Control Products

By now, you (and your building manager or landlord, if you're a tenant) have done all you can to cut off food, water and hiding places for cockroaches. But you still need to take some action against the cockroaches themselves. If you own your own house, you can do most of this work yourself. If you are a tenant, most of the work will be done by a pest control company hired by your landlord.

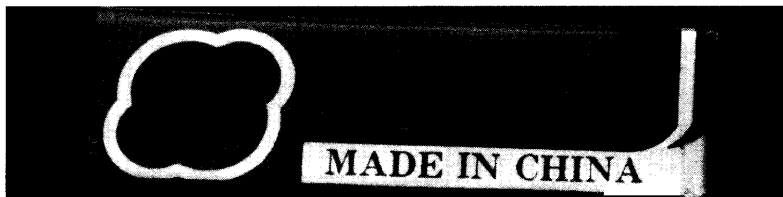
There are several kinds of pest control products that are much better and less toxic than the traditional sprays. They come in various forms, such as baits, bait stations, gels and powders. With these kinds of products, your exposure to pesticides is lower than if you use sprays. So will health risks. Always avoid skin contact with pastes, gels or powders containing pesticides.

### WARNING

#### About Illegal Pesticides

Many variety and discount stores are selling two pesticide products illegally imported from China. The federal government has issued a warning to the public against buying these unregistered products. The most common is a chalk used to control cockroaches. The chalk, which looks like the white chalk sticks used on blackboards, is labeled MIRACULOUS INSECTICIDE CHALK and may be a health hazard. It has been found to contain a pesticide called deltamethrin. It may also be contaminated with lead.

Another product that is finding its way into stores is called COCKROACH SWEEPER and contains an illegal pesticide called mirex.



**DO NOT PURCHASE OR USE THESE ILLEGAL PRODUCTS**

## Some Common Pest Control Products

Many different pest control products are permitted for sale in Canada. A few of the preferred products useful in an 1PM program are listed. These products are less toxic than most pesticide sprays. Furthermore, unlike sprays, they come in a form (i.e. bait stations, gel, paste, powder) that prevents them from spreading throughout your home into places where your family – particularly children and pets – may come in contact with them.

### Examples of Preferred Pest Control Products (Used in 1PM Program)

Type	Pesticide Name	Active Ingredient
Bait Stations	Impact®	Hydramethylnon
	Mr. Roach Killer®	Boric acid
Baits	Blue Diamond® Paste	Boric acid
	MaxForce® Gel	Hydramethylnon
Dusts	BoraDust®	Boric acid
	Insectigone® 100 % Natural Cockroach & Ant Killer	Diatomaceous earth (silicon dioxide)

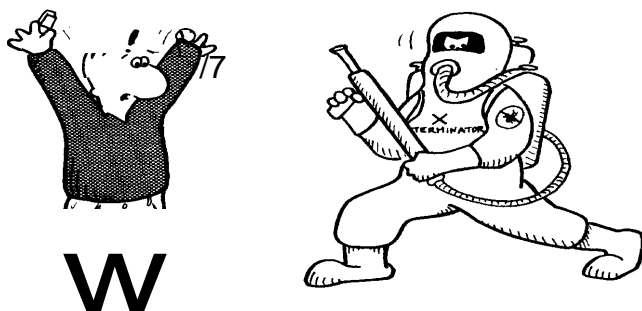
## Preferred Pest Control Products in an IPM Program

Pest control products commonly used in an IPM program, such as baits and powders, take a bit longer to kill cockroaches than pesticide sprays. They take a few days instead of a few hours. But the sum total of the IPM way of controlling cockroaches is much more effective long term control and avoidance of a never-ending cycle of pesticide spraying.

**BAITS** count on cockroaches to move toward the poison and take it in, so that you don't need to spread it around your home. A bait consists of a cockroach food mixed with a chemical that kills bugs. Bait is available as a paste or gel that can be applied to cracks and crevices, just like caulking.

**BAIT STATIONS** are small feeding stations. They are placed in or near favourite cockroach hiding places. The chemical is inside the bait station, so it is away from people and pets. Bait stations may last for weeks or months before the bait is used up. These products might not be labeled as "bait stations." If you see a picture on the label of a small container similar to an "ant trap", you'll know that it is a bait station.

Don't confuse a cockroach "bait station" and a "trap." A trap (used to measure infestation) does not allow cockroaches to exit, but a bait station does (so that cockroaches take the poison home to pass on to other cockroaches.)



*"HOLD ON! Let's try the baits and gels first and see  
how well they work!"*

### **“Can I Solve My Cockroach Problem Just by Using Baits?”**

That’s a question people often ask. It’s tempting to hope that simply using bait will get rid of cockroaches. But if applying baited paste and using bait stations are the only things that are done, it’s unlikely the problem will go away.

Why? For the same reasons that using only pesticide sprays won’t really work for cockroach control. Unless you get back to the causes of the problem, you won’t get a lasting solution. You need to concentrate on getting rid of the cockroaches’ food, water and shelter. Using a chemical – no matter which one it is – won’t give good results without the other actions we’ve suggested. The only lasting solution is to take all the steps in the 1PM approach to cockroach control.

Another type of pest control product is a powder (also known as a “dust”), such as boric acid powder. The powder is spread in a thin layer under your refrigerator and stove, in dark places behind appliances and cupboards, and into cracks and crevices before caulking is done. As long as the powders are put in out-of-the-way places, they can stay there safely for weeks or months and kill cockroaches for a long time.

Anyone who applies a pesticide powder should always wear a dust mask (available at hardware stores or safety supply stores). Boric acid powder is less harmful to people than some of the other products available. But it is not harmless! Make sure you take all the precautions listed on the label.

## If Pesticide Spraying Is Needed

The actions we have already described may be all that's needed to solve your cockroach problem. But sometimes, when the problem is severe, even all the steps we went through earlier aren't enough. That's when there may be a need for cautious spraying with one of the traditional pesticides. Two common pesticides used for cockroach control are diazinon and propoxur.

If you are a homeowner, there are some types of pesticide sprays you can use yourself. But whether you're a homeowner or tenant, it's more likely that a licensed pest control company will be brought in to do the job. Usually, the company applies a liquid form of the pesticide to very specific places in your home, such as in cracks and crevices behind kitchen appliances and long baseboards.

All pesticide containers are labeled with important directions and safety precautions. Be sure that you -- or the pest control company you hire -- follow the directions when applying pesticides.

If your house is going to be sprayed with pesticides, find out from your pest control company which areas are going to be sprayed. If your apartment is going to be sprayed, find out from your landlord which areas are going to be sprayed.

If you are part of an 1PM program, never buy your own can of pesticide spray and use it yourself. If you spray, it will stop the 1PM method from working. 1PM uses baits that attract cockroaches so that they will eat the poison. Sprays do the opposite -- they repel cockroaches and make them hide deeper in cracks and crevices until it is safe for them to come out again and breed.



---

## **Precautions YOU Need to Take If Your Home or Apartment is Sprayed**

- Remove food, dishes and utensils from cupboards. Put them in the centre of the kitchen and cover them with a plastic sheet. Discard the plastic afterwards.
- Empty all linen cupboards and bathroom cabinets and cover their contents. Cover your fish bowl or aquarium.
- If your windows can open, keep them closed during the pesticide treatment and then open them afterwards for as long as possible, preferably for several days. Turn on exhaust fans in bathrooms and the kitchen.
- People and pets should leave the home during pesticide spraying. You should not return for at least 8 to 10 hours, to give the spray time to dry completely. If possible, stay away as long as 24 hours, especially if your family includes a pregnant woman and young children.
- If you are unusually sensitive to pesticides you should consider avoiding any exposure to them. This may mean not having your home sprayed at all. Be sure to discuss this with your doctor or other health care worker.

## Getting Involved

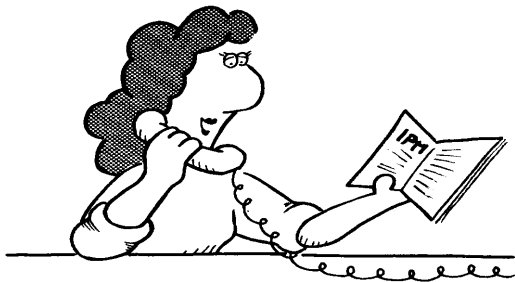
Solving cockroach problems the 1PM way means people need to co operate and work together. If you own your house, you can take many of the action steps by yourself, but you may also want to consult a pest control company.

If you live in an apartment building or other multi-unit building, it's a good idea to talk with other tenants (or with your tenant association, if there is one). Find out if they have a cockroach problem too. You can each inspect your own unit to see where and how severe the problem is.

You can then approach your landlord or building manager together and encourage him or her to use the 1PM method outlined in this booklet.

Tell your landlord or building manager that you want to avoid spraying pesticides and want to work with him or her on the alternative methods involved in 1PM. Say that you will do your part to keep your apartment as clean and tidy as possible. And say that you see a need for spraying pesticides only as a last resort with a severe cockroach problem, after all the other 1PM steps have been taken.

As a tenant, you have rights your landlord needs to respect. If you can't convince your landlord to use the 1PM method — in other words, if all that he or she plans to do is spray pesticides — you can refuse to have your own unit sprayed. But, you should then carry out your own 1PM program in your apartment unit. Talk to others in the building and encourage them to do the same.



*"I've got this great booklet on controlling cockroaches without pesticide spraying...can we try this for our building?"*

---

## Your Rights and Obligations as a Tenant

If you're concerned about exposure to the more-toxic pesticides your landlord might want to use for cockroach control, remember that you have rights. Don't hesitate to make sure your rights are respected! But you have some obligations too.

You have the right to be told in advance about a proposed spraying of your apartment with a pesticide. Your landlord or building superintendent must tell you the date and time the spraying is to be done. This gives you a chance to decide whether you want to have your apartment sprayed or not; and if you do, to make the preparations for spraying your landlord or pest control company tell you about. The usual preparations and precautions are outlined earlier in this booklet.

- You have the right to refuse to allow your apartment to be sprayed. If you refuse, ask the landlord to use a less-toxic product (such as boric acid or hydramethylnon) and to make structural improvements to keep the cockroaches out. But it's not a good idea to refuse pesticide spraying, unless you are planning to do 1PM by yourself in your apartment.
- You should not interfere in the way your landlord or superintendent handles cockroach problems in the common areas of your building, such as the lobby, the laundry room or the garbage disposal room. He or she has the right to spray these places with pesticides. However, along with other tenants, you can suggest that an 1PM approach should be used for the common areas as well.
- You can not refuse to control cockroaches. If you refuse to have your apartment sprayed, then it's your obligation to take other steps to reduce cockroaches, such as by using bait stations or doing 1PM yourself.

## For More Information

If you own your house or live in a multi-unit building and want to use some of the 1PM cockroach control methods yourself, there's lots more information available on how to do it.

Consult the public health department in your city or town. Some health departments may provide detailed advice and helpful publications to read. Others will refer you to another agency in your town or city that handles these concerns. In general, health departments focus their efforts on cockroach problems in food-serving premises (restaurants, cafeterias), rather than private residences.

- For more details about how to do an 1PM program yourself, get a copy of the resource book titled:

**Curbing Cockroaches the Least-Toxic Way: A Practical Guide for the Control of Cockroaches in Houses and Apartment Buildings.**

This report is a resource manual for anyone who wants to understand and teach others about introducing an 1PM program in residential buildings.

You can get it from Canada Mortgage and Housing Corporation by phoning: 1 000 008-2042.

If you have questions about pesticides, phone the hotline at the **Pest Management Regulatory Agency** at Health Canada: 1 800 267-6315.

- Questions about pesticide use in your province or territory
- can be answered by the environment department of your provincial or territorial government.

## Keeping A Personal Record of Cockroach Problems

DATE	WHERE I NOTICED COCKROACHES	ACTION TAKEN

Useful Telephone Numbers \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Superintendent: \_\_\_\_\_

Tenant Association representative: \_\_\_\_\_

Local community-based educators:

(i.e., from environmental group, health department etc.)

\_\_\_\_\_  
\_\_\_\_\_

Other tenants or friends with cockroach experience:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Local pest control company that uses IPM:

\_\_\_\_\_  
\_\_\_\_\_