



Cleaning for Cockroaches to go along with Pest Control

Please follow the required cleaning each day and each week to eliminate these pests. The cleaning must continue until Pest Arrest has cleared your home of the cockroaches and should continue as good housekeeping practices.

- **Stove** – Pull the stove out from the wall.
- **Stove** - Wash down all sides of the stove and the walls behind the stove.
- **Stove** - Vacuum/sweep and wash the floor behind the stove.
- **Stove** - Wash out the stove drawer.
- **Stove** - Wash the burners on the stove daily.
- **Rangehood / Fan above the Stove** – Wash the top off the rangehood and the inside where the lights etc. are.
- **Rangehood Filter** – Please contact MJHA Maintenance before washing this filter.
- **Inside of Cabinets** – Wash all shelves and remove all newspaper. Do not use newspapers to line the kitchen cabinet shelves.
- **Bag clips** - Do not use bag clips to seal the potato chips and other treats. This does not stop the cockroaches or pharaoh ants. Please use zip lock bags or plastic containers to store partial bags.
- **Inside of Cabinets** – Wash the inside of all cabinet doors.
- **Outside of Cabinets** – Wash down the front of the kitchen cabinets.
- **Do not store any food items in the cabinets that are not put into sealed containers.**
- **Do not store any used oil in an open pot. Oil needs to be stored in a sealed container. The lid on the pot or pan is not a sealed container.**
- **Kitchen Back Splash Area** – Wash the walls between the countertop and cabinets.
- **Fridge** – Pull the fridge out from the wall.
- **Fridge** - Wash down all sides and the top of the fridge.
- **Fridge** – Wash the wall behind the fridge.
- **Fridge** - Vacuum/sweep and wash the floor behind the fridge.
- **Fridge** - Clean the inside of the fridge shelves and trays.
- **Fridge** – Wash the seal around the fridge and freezer doors.
- **Fridge** – Remove items from the fridge and freezer and clean the inside of them.
- **Wash** down all the other walls in the kitchen and living room.
- **Sweep** and mop the kitchen floor.
- **Wash** all dishes as they become dirty.
- **Do not store any food items on the table unless it is in a sealed container.**
- **Wash** the table off after each snack and meal.
- **Countertop** – Wash down the complete countertop and back splash.
- **Countertop** - Move kitchen appliances on the counter and clean the area.

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- **Do not store any food items on the countertop unless it is in a sealed container.**
- **Do not** leave any dirty dishes or food items in the bedrooms and living room. You should only eat in the kitchen or dining area.
- **Vacuum** - All carpets in the unit daily including the stairs.
- **Bathroom** - Clean the toilet.
- **Bathroom** - Clean the bathroom sink, faucets and countertops. Remove soap scum and toothpaste.
- **Bathroom** – Place toothpaste and toothbrushes into a zip lock bag or sealed container.
- **Bathroom** – Clean the bathtub and faucets. Remove soap scum and spilt hair products.
- **Sweep** and mop the floors in the bathroom.
- **Do not** leave any puddles of water on any surface, floor, or countertop.
- **Washer/Washing Machine** – Clean the soap tray of built-up soap and fabric softener.
- **Washer/Washing Machine** – Run the washer empty with bleach to help remove all soap built-up on a regular basis.
- **Washer/Washing Machine and Dryer** – Wash the tops and the sides of each appliance.
- **Remove all Recycling from the unit everyday and place in blue bins.**
- **All Recycling to be returned for money** – Rinse every can or bottle and only one small bag in the unit. Can not store recycling in the suite for any length of time. **Do not store recycling in the kitchen cabinets.**
- **Avoid clutter since it makes cleaning difficult and gives them a place to hide.**
- **Vents and Exhaust Fans** – Vacuum and wash vent covers on a weekly basis.
- **Remove Garbage daily from the unit** - Wash garbage cans weekly and when spills happen on the sides or inside.
- **If you have an approved pet or ESA, please kennel the pet and place the kennel with the pet in the bedroom during the treatment.**
- **Keep pet food dishes clean.** Pet food is another source of food for the unwanted pests. Limit the amount of dry food that is put out. Store the dry food in a sealed container.
- **All Recycle Grocery bags** are to be laundered on a regular basis and stored outside the kitchen. Limit the number of bags required.
- **Flush** the toilet after every use.
- **Do not** leave any standing water anywhere, bathtub, bathroom or kitchen sinks.

Recommend using Dawn dish soap and bleach for all your cleaning needs. Dish cloths, tea towels, and sponges etc. should be laundered on a regular basis.

Ryan @ Pest Arrest mentioned that cockroaches like their environment to be moist and easy access to food: this includes any of our food and grease. They like the newspaper, as they can make homes in it and hide. When these items are hard for cockroaches to find then the bait left by Pest Arrest will be more effective.

Thank you for your anticipated cooperation in this very important matter. Please contact maintenance @ 306-694-4055 if you have any questions or concerns.