

Janet T. Mills
Governor

Sara Gagné-Holmes
Commissioner



Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention
11 State House Station
286 Water Street
Augusta, Maine 04333-0011
Tel; (207) 287-8016; Fax (207) 287-2887
TTY: Dial 711 (Maine Relay)

Cockroach Mitigation Procedures for Establishments Regulated by the Health Inspection Program

1. If the establishment has a current contract with a licensed pest control company, the establishment must provide the Health Inspector with copies of all site visit reports generated due to treatment or routine maintenance from the pest control company that have occurred during the previous 6 months. Additional reports may be requested as needed.
2. If the establishment does not currently have a pest control company, they must contract with one immediately and provide a copy of the contract for on-going, future pest control services to the Health Inspector.
3. The establishment must immediately provide to the Health Inspector all new site visit reports from the pest control company. Each pest report shall include:
 - a. Date of visit
 - b. Time of visit
 - c. Location of areas inspected and where activity was found. **It is important that the entire facility be inspected consistently at each visit to show an accurate assessment compared to prior site visits in order to assess mitigation efforts.**
 - d. Findings of cockroach or other pest activity (dead or alive)
 - e. Corrective Actions recommended by the pest control company
 - f. Treatments that have been used by the pest control company to mitigate the issue.
4. Dead cockroaches may be cleaned up by the establishment **after** each inspection by the pest contractor.
5. When the pest contractor reports show that the infestation has been mitigated, the Health Inspector will conduct an inspection to assess for cockroach activity and corrective actions. This inspection must be conducted **before** allowing the professional cleaning company to perform their services.
6. Once the Health Inspector provides the approval for professional cleaning, the establishment must contract with a professional cleaning company that has a commercial applicator license to clean and disinfect for cockroach issues (7C3) and provide the contract to the Health Inspector. Companies with 7C3 licensing can be found at the following website:
<https://www.maine.gov/dacf/php/pesticides/pesticide-application-companies.shtml>
7. Prior to being allowed to reopen, the establishment will provide the professional cleaning company's documentation, including but not limited to:
 - a. Actions taken;
 - b. Equipment and surfaces cleaned;
 - c. Types of cleaning and disinfecting;
 - d. Types of chemicals and concentrations used;
 - e. Contact time for the chemical(s) used.
8. After the professional cleaning company has completed the cleaning and disinfecting of the establishment and the required contact time for the chemical has been achieved, the

establishment must follow the cleaning company's directions regarding any additional cleaning needed on treated food contact surfaces to remove the disinfectant residual.

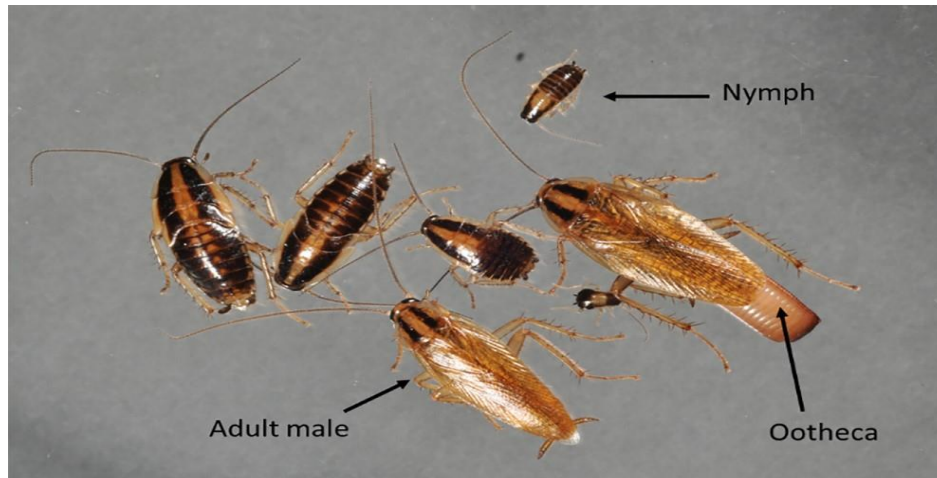
9. The Health Inspector will then conduct another follow-up inspection to reopen the establishment **only after** receiving and reviewing the following:
 - a. The pest control company site visit reports which confirm the Imminent Health Hazard (IHH) conditions have been mitigated; and,
 - b. The professional cleaning company report that confirms the completion of the cleaning and disinfecting of the establishment and a statement from the establishment confirming the final cleaning and sanitizing of the treated food contact surfaces, when applicable.

Guidance on Cockroaches

Cockroaches are found all throughout the United States and the most common types dwelling in Maine are the German Cockroach, American Cockroach, Brown-Banded Cockroach, and the Oriental Cockroach. This specific type of insect is able to adapt to many different habitats which makes them especially difficult to get rid of once an infestation occurs.



There are three stages in cockroach development: egg, nymph, and adult. Each egg sac (ootheca) carried by female cockroaches can hold between 6-40 eggs. Each female cockroach can produce between 6 and 14 oothecae in their lifetime. Around 24-38 days, eggs will hatch, and nymphs will be released. Adult cockroaches can live 1-2 years depending on the environment. A German cockroach and her young are capable of producing 300,000 cockroaches in one year. Therefore, seeing one cockroach in an establishment is a good indicator that there are hundreds more.



Cockroaches feed on many different types of food and beverages, specifically anything that is starchy and sugary. They have a strong likelihood for contamination as they carry debris on their bodies which can then transfer to food and food contact surfaces. Cockroaches can also carry certain diseases such as *Salmonella typhimurium*, *Entamoeba histolytica*, and the poliomyelitis virus. Therefore, it's extremely important to address cockroach activity immediately and properly cleanup after an infestation.

Cockroaches prefer a warm, moist environment and are typically found in cracks and crevices. It may be necessary to move bulky items such as appliances, dishes/utensils, and mops or brooms. Cockroaches are also nocturnal, so seeing them during the daytime could indicate a severe infestation. Since cockroaches are drawn to moisture, it's also important to check for activity near floor drains, sinks, and ice/beverage machines.

There are different ways to control cockroach activity in establishments. Prevention is important and consists of thoroughly checking all food deliveries for pests, sealing cracks or crevices in the establishment, and contracting with a pest management company to routinely inspect for evidence of cockroaches and other pests. It's also important to have proper sanitation procedures to eliminate the food and water sources for cockroaches. Some of these sanitation procedures include: quickly cleaning any spills of food or beverages, cleaning dirty dishes and utensils in a timely manner, and routinely cleaning under appliances and seating to reduce the buildup of food residue. Also, access to water sources needs to be eliminated (leaking pipes, stagnant water, spilled beverages). Another control method for cockroaches is the use of a pest management company. They have methods for trapping pests and are also able to safely apply pesticides to mitigate various pest issues.

Sources:

[2006 HHM FINAL.qxd \(cdc.gov\)](#)

[cockroaches-cornell.pdf \(maine.gov\)](#)