PEST TREATMENT — GUIDE

Cockroach treatment: monitoring, bait and sanitation

Use University of Minnesota Extension guidance to compare targeted cockroach control and follow-up.

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Ask the provider to identify the cockroach and find where it hides. University of Minnesota Extension recommends a combined approach that includes inspection, traps, removing food and water, and pesticide treatment when needed. A spray-only quote can leave important causes untouched.

Use monitoring to find the problem

Place monitoring traps according to the provider's plan. Record where catches occur. Ask the provider to use those records to target hiding places and to assess change after treatment. Do not judge results only by what you see during daylight.

Clear food residue and fix leaks. Store food securely and remove clutter that blocks inspection. Ask for a manageable preparation list. For renters, record leaks and gaps that need the property manager's repair rather than covering them with repeated pesticide applications.

Compare treatment options

Extension describes baits, dusts and targeted sprays. Baits work slowly. Their placement matters. Ask where bait will go, how it will be protected from children and pets, and how the provider will decide whether it is being eaten.

Dust is not a reason to cover open surfaces. Extension says boric acid should be placed where children and pets cannot reach it. Sprays must be used only at sites the label permits. Avoid contaminating food, dishes and utensils.

Extension advises against aerosol foggers and bombs. They do not reach the cracks where cockroaches hide and they increase exposure to people and pets. Do not use them as an extra step while waiting for a bait program to work.

Get a complete quote

HomeGuide lists USD $100 to $600 as an average cockroach exterminator range, checked 2026-11-10. The price varies with method, home size and severity. It is a US planning range, not a Canadian estimate. Ask for the treatment area, visits, products and monitoring to be stated in your quote.

Ask what preparation is essential and what can wait. Confirm whether the provider will return to inspect traps, replace bait or change the plan. A guarantee should explain its conditions and exclusions in writing.

Coordinate in apartments

Extension notes that control can be difficult in multi-unit housing. Tell the property manager about activity and share the inspection findings. Ask how shared areas and adjoining units will be assessed. Do not assume that treating a single kitchen addresses an entire building.

Keep a simple log: date, room, trap location, catch and action taken. Bring the log to the follow-up visit. It helps separate continuing activity from an isolated sighting without asking you to guess the population.

Sources

- Cockroaches | UMN Extension. Fetched and checked 2026-11-10.
- How Much Does a Roach Exterminator Cost? (2026 Guide). HomeGuide, commercial US cost guide. Fetched and checked 2026-11-10.

Frequently asked questions

Should I add a fogger to a bait plan?

University of Minnesota Extension advises against aerosol foggers and bombs for cockroach control. Ask the provider before adding any pesticide.