

Instructions to prepare your apartment for anti-cockroach treatment



The instructions are also available in video: www.omhm.qc.ca/en/cockroaches









Do not use vinegar, bleach, vinagar and insecticides



Follow these steps.

Prepare the kitchen.



Empty drawers and cabinets.



Leave on the table the dishes necessary to prepare your meals.



Place all your other dishes in plastic bags.



Store dry food in airtight containers.



Do not use cardboard boxes.



Kitchen cabinets should be empty.

Wash the kitchen with hot water and dish soap.



Wash the interior and exterior of cabinets and drawers.

Wash the top and outside of the fridge.

Wash the kitchen walls.



Wash the range hood and hood filter.

Wash the inside and outside of the oven.

Wash all counters.



Sweep the kitchen.

Wash the kitchen floor.



Remove all greasy residue, dust, water, and bread crumbs.





Throw out your garbage in small plastic bags. Close the bags securely.

Dispose of the bag in the garbage chute or bin and dispose of the recycling.



If there is compost in the building, throw your leftover food in the brown bin every day.

Prepare the bathroom.



Empty the cabinet under the sink.



Clear everything off of the counter around the sink. Put everything in plastic bags or plastic containers.

Wash with hot water and dish soap.



The sink and the counter



The bathtub



The toilet



The floor



Your home is now ready for the treatment. Let the exterminator in.

Thank you for your cooperation.



The OMHM is here to help you. Questions?

Call us at 514-872-6646.

The pest control response officer