



# Centipedes Identification and Biology

By DoMyOwn staff

## Physical Appearance

Centipedes - often referred to as "hundred-legged worms"- have an elongated body made up of many segments (anywhere from 15 to 173), with 1 pair of legs per segment. The head has a pair of antennae and the body may be yellowish-orange to reddish-brown (outdoor centipedes) or whitish-yellow (house centipede) in color.

## Behavior & Habitat

Centipedes scurry along very quickly, and are among the fastest of non-flying arthropods. The house centipede prefers cool, damp, outdoor locations under rocks, wood piles, or compost piles. Centipedes may also spend a lifetime living indoors in moist or otherwise humid areas such as basements where conditions are favorable.

## Feeding Habits

Centipedes are insectivores that feed on other small insects such as cockroaches, bedbugs, silverfish and house flies.

## Life Cycle

Centipedes may live up to 6 years. Adults most often overwinter to avoid the cold, and lay eggs in the warmer spring months. Centipedes are born with as few as four pairs of legs, gaining a new set with each molting.

## Damage

The Centipede is relatively harmless to humans, though it may occasionally inflict a painful bite (like a bee sting). The Centipede is a nuisance by it's presence, frightening speed, and alarming appearance. Centipedes do not cause damage to furniture or food.

## General Prevention & Control:

- Seal up cracks in walls and other possible points of entry.
- Dry up wet or damp areas where centipedes thrive, and remove outdoor harborages (such as compost, wood, or leaf piles, etc.) away from the home.
- Treat baseboards and problem areas with [Suspend SC](#) or [Demand CS](#).

For more detailed information on Centipede prevention and control, see [How to Get Rid of Centipedes](#)

View all [Centipede Control](#) Products