

### **Will one treatment be enough?**

It is likely that it will take several treatments. We have found that it is best to re-inspect and retreat the rooms 14 days after the initial procedure. Sticky trap monitors may be placed in strategic areas to determine if there is continued activity. The need for additional treatment(s) is determined by the extent of the initial infestation, the amount of clutter, the number of hiding places, reports of new bites and sightings, and the cooperation of the occupants.

### **Why are zippered mattress covers needed?**

Certified bed bug proof encasements make it very difficult for bed bugs to find hiding places on the mattress and in the box spring. After the treatment is completed and before you make up and use the bed, you must install the bed bug proof covers on the mattress and box spring. These may be installed at the time of treatment or purchased and installed immediately after the treatment.



**Failure to install bed bug proof encasements on the mattress and box spring will require that the mattress and box spring be re-treated on each service visit and at additional cost.**

### **Will they spread to other suites in our building?**

Bed bugs will move about in search of a blood meal and a place to hide. They are capable of following utility, plumbing, and cable lines in hotels, motels, and apartments. More commonly, however, bed bugs are spread between rooms by people visiting and sharing bedding, furniture, clothes, luggage, and other possessions.

### **What if I plan to discard a mattress or box spring?**

It is best to notify building management if you plan to discard a mattress, box spring, or upholstered furniture that may have been infested. Before placing a mattress in the trash or by the dumpster spray paint a big "X" on both sides or cut the fabric so that it looks ruined. Wrap the mattress in plastic or place it in a zippered mattress bag (you can get one at U-Haul) before dragging it through the building. You want to discourage anyone from taking it from the trash back into the building.

## **What Can I Do to Reduce the Risks of Bed Bug Infestation?**

Here are a number of things you can do to make it more difficult for bed bugs to infest your bed.

- Regularly inspect bed frames and the seams in your mattresses and box springs. Notify your building maintenance office if you find a bed bug.
- Vacuum your bedroom often, particularly the area around the bed and the bed itself. Place the vacuum cleaner bag in a zip-lock plastic bag and discard it in the trash outside.
- Reduce clutter. Don't keep piles of clothes, boxes, toys, shoes, etc. on the floor, under the bed, or in closets. They are prime hiding places for bed bugs.
- Buy bed bug proof encasements and cover your mattresses and box springs. The covers trap any bed bugs hidden inside the mattress and box spring so that they can not come out and bite. The mattress covers also prevent any new bugs from finding hiding places in your mattress and box spring.
- Pull your bed six to twelve inches away from the wall so that it is not touching the wall.
- Store your luggage in large plastic bags that can be sealed tightly.
- Do not scavenge mattresses, beds, or other furniture that others have thrown away. Carefully inspect used furniture, rental furniture, used luggage, and other used items before bringing them into your home.
- Do not try to treat the infestation yourself with household sprays or aerosol "bombs". Report the problem to the building maintenance office and schedule a proper inspection and treatment.
- Be careful who you let stay overnight or sleep on your couch. Likewise, be mindful on whose couch or bed you sleep. Inspect your child's backpack, stuffed animals, and other personal belongings if they have slept or stayed overnight at another's home or apartment.

Information compiled by:  
**GENERAL PEST CONTROL CO.**  
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for additional information consult these web sites:  
[www.bedbugcentral.com](http://www.bedbugcentral.com)  
[www.hsph.harvard.edu/bedbugs](http://www.hsph.harvard.edu/bedbugs)  
<http://ohioline.osu.edu/hyg-fact/2000/pdf/2105.pdf>



**"...a formidable pest"**

**Everything you  
always wanted  
to know  
about  
Bed Bugs**

**BUT WERE AFRAID TO ASK**



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**Bed Bug**

**Size: 1/4" to 3/8"**

After being virtually absent from the American scene for fifty years, bed bugs are making a comeback. According to Dr. Michael Potter, an urban entomologist at the University of Kentucky and one of the leading authorities on bed bugs, "Bed bugs will be the pest of the 21<sup>st</sup> century, no question about it."

Bed bugs are a world wide pest. However, since 2002 reports of bed bugs have significantly increased in U.S. cities from New York to Honolulu especially in hotels, hospitals, bed & breakfasts, cruise ships, and college dormitories. All places with high resident turnover. Now, they are finding their way into apartment buildings. Their small size and their ability to hide anywhere allow them to move around virtually undetected. Once they reach a destination (hotel room, dormitory, apartment) they crawl out in search of a blood meal and a place to hide. "This is one serious issue" Potter observed.

#### **Why are they pests? Do they spread disease?**

Bed bugs feed only on the blood of humans and other warm blooded animals. These insects feed mostly at night when hosts are asleep, causing small, hard, swollen, welts on the skin. Bed bugs are not currently known to transmit human disease. Many people are hardly aware that they have been bitten, but others suffer a reaction (itching and inflammation) to the saliva injected while the insect feeds.

#### **How big are bed bugs?**

Adult bedbugs are reddish-brown to mahogany in color, oval shaped, and flattened. They vary from 1/4" up to 3/8" long. The immature stages are as small as 1/32" and appear as tiny specs. After a blood meal their body is swollen, more elongated, and appears to be more of a dull red color. They cannot fly but they do move quickly.



**Bed Bug (Actual Size)**

#### **What is their growth and development?**

Three or four eggs are laid per day over two months. That means with favorable conditions (temperatures of 70° F and with regular feeding on blood) each female bed bug can lay about 200 eggs. Eggs may hatch in as few as 6 days or as long as 28 days, depending upon conditions. When bed bugs bite they inject a fluid into the skin that assists in obtaining blood. It takes about three to five minutes for the bed bug to become engorged and then it crawls away to a hiding place in a crack or crevice to digest the meal. Bed bugs will seek more blood when they are hungry but they are capable of going two weeks to two months and in extreme cases up to a year without a blood meal.

#### **Where do they hide?**

Bed bugs prefer to hide close to the host in the seams of bedding and in the cracks and crevices of bed frames and headboards. They will, however, hide ten to twelve feet away from the bed in any crevice that affords protection. Some common hiding spots away from the bed include:

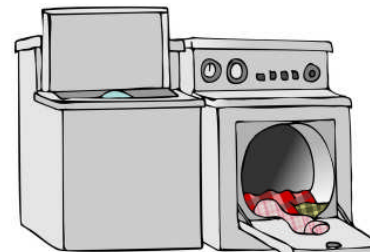
- in the creases of upholstered furniture
- in dresser drawers and frames
- in cracks along and behind baseboards
- in and behind picture frames and anything attached to the wall
- under loose wallpaper
- in drapery pleats
- behind electrical outlet cover plates
- around window and door frames
- under carpet against the baseboard
- in and on luggage, backpacks, and computer laptop carrying cases
- **and in just about any other narrow crack or crevice you can find in a room.**



**Bed bug on mattress seam.**

#### **How do you prepare for a treatment?**

Your cooperation is essential for a successful treatment. Read and follow the directions provided by the pest management specialist. Pick up and remove items and clutter from the floor. Move all furniture at least two feet away from the walls. Vacuum the floor and the perimeter along the baseboards. Remove all items from the shelving and floor in your clothes closets. Plan to wash your sheets and blankets in hot water and dry them in a hot dryer before you make up the bed. Cover fish tanks and remove other pets for at least two hours.



**Wash sheets and blankets in hot water and dry them thoroughly in a hot dryer before making up your bed.**

#### **How is the treatment done?**

The treatment needs to be extremely thorough. The sides, cording, and folds on the top and bottom of the mattress and box spring are vacuumed. The front and back of the headboard and all the gaps, crevices, brackets, and braces on the bed framing and wheels need to be treated. Once that is done then the entire perimeter of the room and all the accessible cracks, crevices, and hiding places need to be located and treated with an appropriate insecticide. All rooms where



**Treating behind headboard.**

people rest or sleep on bed rolls, mats, air mattresses, upholstered furniture, futons, hide-a-beds, etc. need to be inspected and treated. The treatment is extensive, time consuming, and expensive. Hot steam may be used to treat upholstered furniture. Plan to vacate the apartment for two hours. Make sure the surfaces are dry to the touch and the rooms well ventilated before using the bed or other treated furniture. The first follow up visit will be scheduled for two weeks after the initial treatment.

#### **Why are they so difficult to control?**

The difficulty in control has to do with finding all the hiding places. The more clutter in a room, the more furniture, and the more pictures and wall decorations on walls are factors that increase the number of places that need to be treated. Remember bed bugs hide in the smallest crack or crevice and have the ability to go unnoticed for several weeks.

#### **How are they spread?**

Bed bugs are hitchhikers. They grab a ride on luggage, baggage, furniture, bedding, boxes, and even clothing worn by people coming from infested sites. They can hide in the seams of your back pack or laptop computer carrying case and be carried around from place to place.



**Bed bugs hide in the seams and hitchhike on luggage.**