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Bed Bugs: What Residents Should Know?

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B.Z. Toons by Brian Zaikowski
www.bztoons.com

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Good night, sleep tight, and don't let the bed bugs bite.

“Good night, sleep tight and don't let the bed bugs bite”

Sleep Tight and don't let the bed bugs bite

1999: limited mostly to hotels

Hotel
Hotel
Hotel

Bed Bug Centre

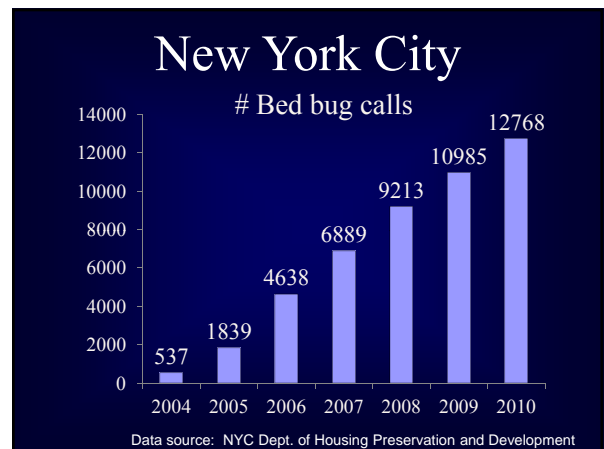
Quickly spread into residential sector

Apartments

Single Family Homes

Colleges & Universities

Bed Bug Centre



Now bed bugs are found everywhere

- Hotels & motels
- Apartments
- Private homes
- College dorm rooms
- Schools and day care
- Used furniture outlets
- Furniture rental stores
- Moving/delivery vans
- Health care facilities
- Nursing homes
- Churches
- Airplanes & cruise ships
- Public transportation
- Laundries & dry cleaners
- Movie theaters
- Fire stations
- Youth hostels
- Jails

Effective Bed Bug Management is Best Addressed at the Community Level

Everyone needs to know:

1. That bed bugs exist
2. How to avoid them
3. How to recognize the signs & symptoms of an infestation
4. What to do if an infestation is suspected

Some common misconceptions about bed bugs

1. They are not invisible, you can see them
2. They do not jump or fly, they crawl
3. They do not infest people, they infest structures and the contents of structures
4. They are not caused by poor sanitation, but clutter in the home can complicate control efforts
5. There is no reason to be ashamed or embarrassed, anyone can get them

A few basic facts

- **Feed exclusively on blood**
- **Do not feed every day, seek a blood meal once every week or so**
- **Can survive many months without feeding**
- **Lay 1-3 eggs each day (hatch in 7-10 days)**
- **Nocturnal & very secretive**

Richard Naylor

What they look like



John Obermyer



L. Jia Li



S. G. Hedges



L. Jia Li

Feeding

- Usually feed at night while you are sleeping
- Hungry bed bugs will feed any time
- A blood meal takes 3-10 minutes
 - May change feeding sites on same person during one meal
- Digested blood is excreted as black or brown fecal spots



Stephan Deggert



Changlu Wang

Medical importance

- Do not transmit human diseases
- Reaction to bites vary
 - Delayed or no symptoms
 - Itching
 - Swelling
 - Pustules
 - Scarring
- Emotional impact
 - Loss of sleep
 - Nightmares
 - Stress/anxiety



Changlu Wang

How bed bugs disperse

- Transported from infested areas on personal belongings
- Crawl from feeding sites to other areas in apartment
- Crawl to neighboring units through walls, utility pipes and hallways.



Changlu Wang



Changlu Wang



Changlu Wang

Early Detection is Critical

Majority of bed bugs are associated with sleeping areas & upholstered furniture during the early stages



Bed Bug Centra



Low level infestations can typically be eliminated easily & inexpensively!

Know what to look for



Gene White

1 mm

1/4 inch



Richard Nayler



Recognize other signs



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Spotting, shed skins & eggs

Know where to look



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More likely to be on box spring than mattress during early stages

As populations increase more likely to find on the mattress



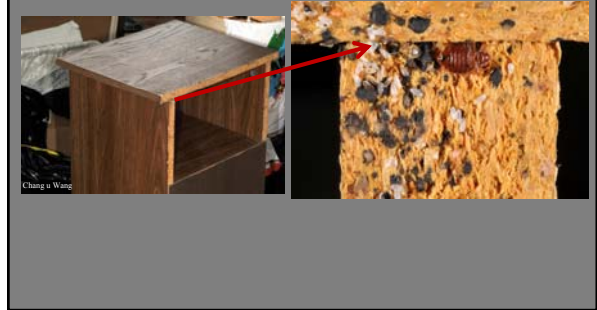
On upholstered furniture



Items near beds or sofas



Furniture next to bed



Bugs will infest almost anything making them difficult to find and control



Clutter makes elimination of bed bugs very difficult!



Bed bugs can be anywhere amongst clutter and are very difficult to deal with

So How Do We Control Bed Bugs?

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Bed bug prevention

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Discarded furniture may infested, don't pick up!

Second hand items are also high risk

THRIFT STORE FURNITURE COMPANY

The New York Times N.Y. / Region
Among Flea Market Shoppers, Fear of a Different Insect

In a manner where bedbugs have crept into New York City's flea markets, so now is more common than those shoppers who live to hunt secondhand clothing shops and used furniture stores. They are a combination of what is hot, hip & bargain. They have where the flea markets are and where the vintage shops are open.

And they are aware that bedbugs from the home of a former owner will call that flea market junk as their hideout. They clear their minds.

That explains why a puzzled-looking Elizabeth Borne was standing on East 12th Street during a recent afternoon. Should the risk be high with the popular fabric that the bed just came to the Brooklyn Market?

If you are going to bring used items into your home check them very carefully!

Frequently remove & launder bed linens

Periodically inspect beds & upholstered furniture

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and

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Bed bug proof encasements for mattresses & box springs are a good idea

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Bed bugs are easily seen on encasements and are prevented from getting inside mattress & box spring

Remove clutter and store items in sealed plastic bins

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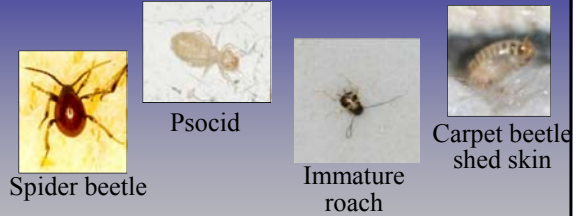
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Keep lids closed

If you suspect bed bug activity for any reason report it immediately!



Save samples for proper identification



There are many similar looking pests.
It may not be a bed bug!

Methods for dealing with infested beds



Not necessary to discard or treat beds with pesticides!



Encasement of mattresses & box springs



Encasements used to salvage infested beds

If discarding infested beds, furniture or other items

Contact management office for proper disposal



Improper disposal of infested items can spread bugs everywhere!

Interceptor devices on legs of beds, sofas and chairs



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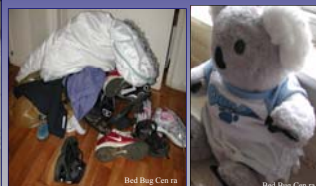
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- Intercepts bed bugs as they travel to beds & sofas
- Provides relief, every bug caught was in route to feed

Hot laundering or drying destroys bed bugs and their eggs!



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Heat or freeze items that can't be laundered



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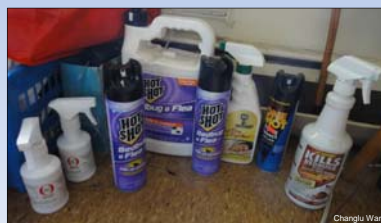
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Portable, plugs into 120 volt wall outlet & reaches ~ 145°F

Freeze items for 4 days

Avoid applying consumer pesticide sprays

- Many bed bug populations are resistant to insecticides.
- Application of sprays may cause bed bugs to disperse making them harder to eliminate.



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Never use bug bombs!

Bug Bombs:

- Can lead to explosions if not used correctly!
- Are not an effective method for eliminating bed bugs!



Pesticide applications are best left to licensed applicators



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Diatomaceous earth dust is more effective than sprays

- Apply a very thin layer to cracks and crevices around sleeping and resting areas
- Avoid excessive application



100% elimination of bed bugs is rarely achieved in a single visit

A Follow-up Program is Critical:
Follow up services will be necessary until the bed bugs are eliminated

Remember!

- Avoid secondhand and discarded items
- Check for bed bugs before bringing things into your apt.
- Launder linens frequently (at least 1x per week)
- Reduce clutter (especially around sleeping/resting areas)
- Inspect beds & sofa's frequently
- Interceptors can greatly aid in early detection
- Encase beds for early detection & protection of beds
- Contact property management immediately if you suspect a problem with bed bugs
- Don't discard infested items on your own, contact property management
- Avoid treating the problem on your own and follow exterminator's recommendations

Richard Naylor

Bed bug management in multi-occupancy dwellings requires a "Team Effort"



Additional information

- Web site
– <http://www.epa.gov/bedbugs/>

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