

Bed Bugs

A Rising Issue for the Pacific Northwest

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Bed Bugs on the Rise

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- Bed bugs are rapidly becoming an issue in the Pacific Northwest
- Bed bugs are recognized by many educational and public health organizations, including the Harvard School of Public Health as a serious health issue



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• Causes:

- Increased population (density)
- Higher volume of multi-family housing
- More people traveling and leading transient lives

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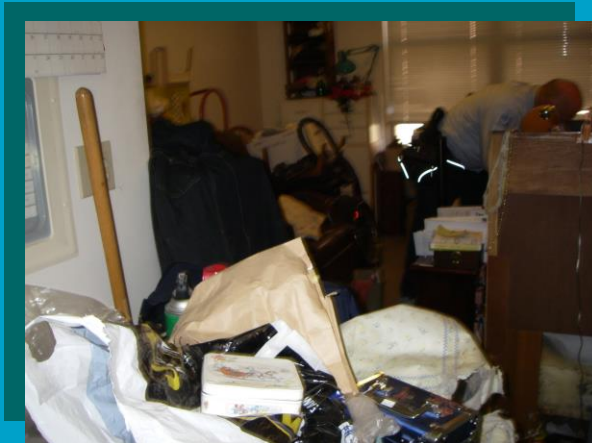


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- **Causes:**
 - **Poor hygiene & sanitation**



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- Small - approx. 1/5 of an inch
- Nymphs are light yellow unless they've recently fed on blood, making them darker in the middle
- Adults are reddish brown and they also turn darker after a blood meal
- Wingless, oval and flattened in appearance and crawl at a steady rate

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- Active at night - checking bed linen in the middle of the night offers the best opportunity to find active bed bugs
- Seek cracks or crevices as a daytime refuge - Look for bed bugs under folds in mattresses, along seams and in between bedposts and bed slats
- Large numbers of bed bugs produce a distinctive pungent odor
- Bed bugs will leave dark fecal spots on linen or near cracks
 - *See next slide for photos*

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• Bites

- Itchy and red
- Normally 2 or 3 bites in a row
- Blood spots on sheets
- Similar to bites from mosquitoes, fleas, lice and other mites
- Check with your doctor as some rashes, allergies and other conditions appear very similar to bites



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- Don't fly but can move rapidly over most surfaces
- Will travel more than 100 feet to obtain a blood meal
- Don't have nests but congregate in hiding places (crack, crevices, seams, between bedposts/slats)
- Feed solely on the blood of humans and animals

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- Skilled travelers - transported and dispersed in:
 - Luggage
 - Bedding (blankets, pillows, etc.)
 - Sleeping bags

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- Females lay eggs in secluded areas
 - Can lay up to 5 per day and 500 during a lifetime
 - Egg is whitish in color and flask-shaped
- Nymphs can survive for months without feeding and adults for more than a year
- Live from 1 to 4 years
 - *See lifecycle graphic on next slide*



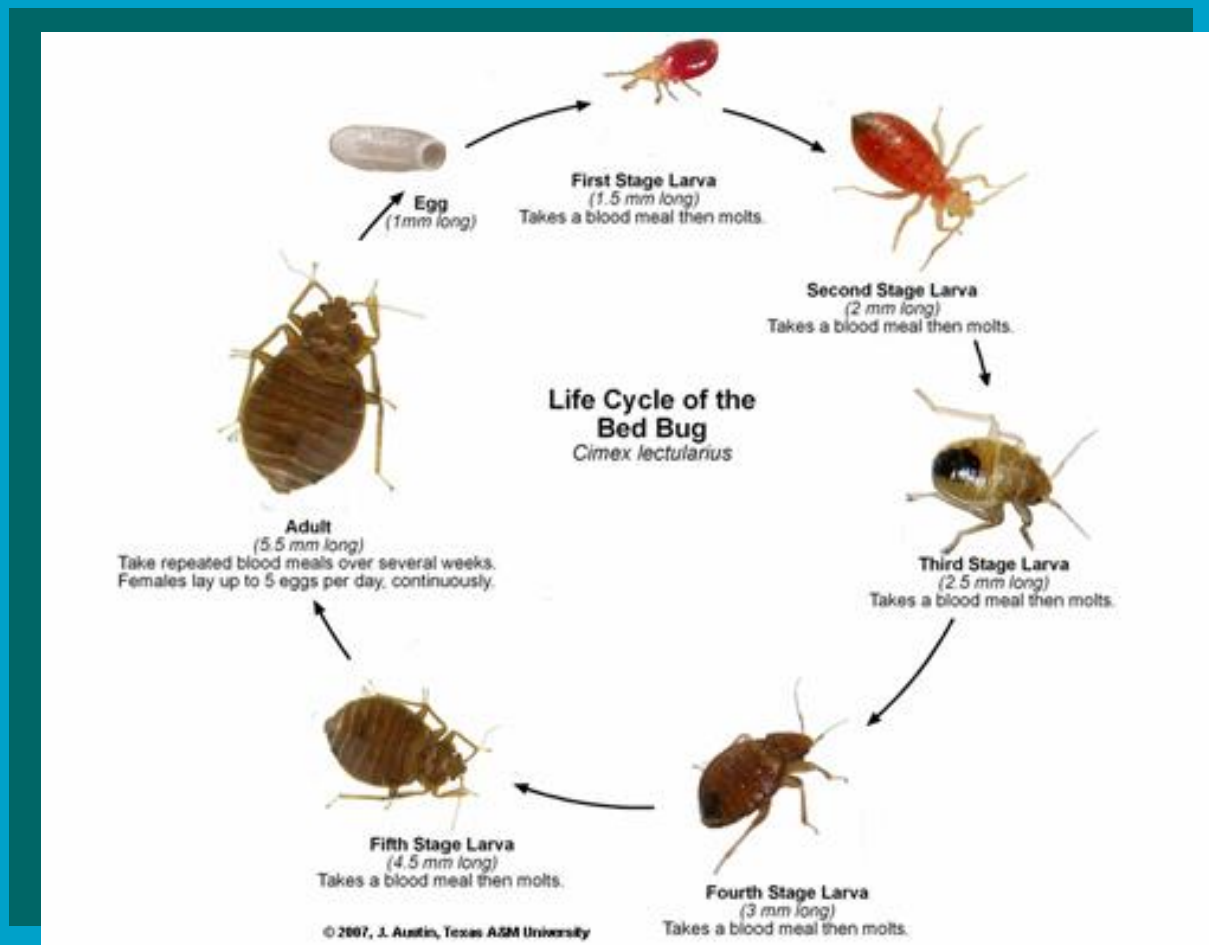
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- Take precautions when traveling or hosting visitors
 - During travel, before you check into a hotel, check into the mattress. Carefully remove sheets and examine the head section of the bed, the seams of the mattress and both sides of the head board. If you see any small insects or stains in any of these locations, there are probably bed bugs.
 - Ask visitors to check their luggage - bed bugs may enter it during travel

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- Bringing your favorite pillow along on your travels may increase the chances the pillow becoming infested with bed bugs and the transport of bed bugs back to your home. If you have a favorite pillow, make sure it is encased in a bed bug proof sealed pillow case.

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- Remember not to place your luggage next to the bed during travels. Find a location as far from the head of the bed as possible and store your luggage in this location. This same principal applies to portable radios and other items that could conceal bed bugs.

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- If you see bed bugs or think you've been bitten by bed bugs during travel, report the incident to the hotel or apartment management.
- If you're bitten by bed bugs during travel, whether in a hotel, private residence or on public transportation, you can reduce the chances of bringing bed bugs home if you follow the steps outlined here. Itches from bites may be delayed.
- Since bed bugs bite at night and hide by day, just entering an infested area during the day is not cause for alarm.

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- Don't bring used or second hand mattresses, bed frames or other furniture into your home unless you are confident that bed bugs are not hiding in cracks and crevices and that it comes from a reputable source. Unfortunately, many pieces of furniture and clothing from garage sales or second hand retailers are not fumigated or properly cleaned before being sold.

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- If you have visitors that are coming to stay with you, ask them not to bring along personal pillows and bedroom furniture. If you have any special concerns, ask them first about bed bugs to make sure they don't accidentally bring them into your home.

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- Work with a pest control professional to develop a written plan and protocols.
- Educate yourself and your staff on bed bug biology, dynamics of infestations and how to identify bed bug signs.
- Communicate with your management team and key departments (maintenance staff, house keeping, regional managers, etc.) about managing bed bug situations to set expectations.

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- Schedule initial and ongoing inspections, document inspections and treatments, and do not miss follow up treatments.
- As part of your protocol, develop instructions on how to prepare for pre- and post-bed bug treatments and define a way to enforce those steps.
- Make sure residents understand how to prepare for treatments. This may require a translator if your residents do not speak English.

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- Develop a procedure for inspecting furniture and other items at move in and, in the event of infestation, control points and procedures for discarding infested items.
- Create rules regarding clutter and sanitary conditions and schedule regular inspections of units.
- Create a contract to be signed by management, residents and other appropriate individuals in the event that an infestation is identified and treatment is required to bind all parties to actively participate in the process and follow through on all pre- and post-treatment procedures and follow up treatments.
- Find out if your pest management professional has technicians who are certified and trained in the management of bed bug infestations.

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- Never attempt to treat a bed bug infestation by yourself - engage a professional
 - Poorly or improperly applied pesticides can cause a hazard to people and animals and will not resolve the issue



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- At the first evidence of bed bugs, contact a pest management professional for an inspection
- Make sure the pest management company is licensed and has a protocol for dealing with bed bugs

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• Other questions to ask a pest control provider:

- Do you have background, training and experience with bed bugs?
- How long will treatment take?
- How many treatments are required?
- How do I/we prepare for treatment?
- Do you offer follow up inspections?
- For more on this see:

http://www.haltpestcontrol.com/docs/bed_bug.pdf

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Bed Bug Treatment : Single Family Home & Apartment Resident Preparation

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- To prepare for bed bug treatment you will need:
 - Strong trash bags with ties
 - Washer/Dryer machines (HIGH HEAT)
 - Vacuum cleaner with disposable bag
 - Vinyl mattress and pillow covers with zippers

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COMPLETE ALL OF THE FOLLOWING STEPS (IN ONE DAY) ON THE DAY OF YOUR TREATMENT. COMPLETING THESE STEPS ON THE SAME DAY IS CRITICAL TO THE SUCCESS OF YOUR TREATMENT.

- 1. COLLECT ALL FABRIC ITEMS IN BAGS.** Collect/remove *all* washable fabric items (pillows, sheets, blankets, clothing, rugs, etc.) from all rooms, including closets (bedrooms, living room, bathrooms, kitchen). Place into trash bags and seal.
- 2. REMOVE THE BAGS FROM YOUR HOME.**
- 3. WASH ALL ITEMS IN HOT WATER, DRY ON HOT SETTING, THEN SEAL IN NEW BAGS.** Remove fabric items from sealed bags. Place empty trash bag into a new trash bag, seal and throw away immediately in a waste container *outside* of the building. Wash everything in hot water and dry on highest heat setting. Place clean items in new, unused bags and seal tightly. Do not bring bags of clean laundry into home until after extermination.



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4. **VACUUM ALL SURFACES.** Using a strong suction vacuum, vacuum *all* furniture, mattresses, floors, walls, crevices, heating units, baseboards, picture frames, etc...).
5. **DISPOSE OF VACUUM BAG IMMEDIATELY.** Immediately place vacuum bag in a trash bag, seal and throw away in a waste container *outside* of building.
6. **DESTROY & THROW AWAY INFESTED ITEMS.** Destroy infested items and furniture and dispose of immediately. To prevent reuse of disposed of furniture break it apart, slash the fabric with scissors, and/or smear ketchup on it, then wrap it in plastic. This will prevent others from picking it up off the street and bringing insects into another home.



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- 7. SEAL MATTRESSES & PILLOWS.** Completely seal mattresses and pillows in a zippered vinyl covering. Leave sealed for 1 year.
- 8. EXTERMINATION.** Hire a professionally licensed pest control expert to treat your home and furniture.
- 9. PROTECT LEGS OF BEDS & FURNITURE.** After treatment, place legs of beds and furniture into bowls of mineral oil. Apply Vaseline and/or 2-sided tape to the legs of furniture. This prevents the insect from climbing up.
- 10. RETURN CLEAN ITEMS TO HOME.**

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Complete all steps in one day.
Steps may need to be repeated



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1. Hire a qualified, licensed pest management professional
2. **CONTACT TENANTS & SCHEDULE THE VISIT.** Extermination will **ONLY** be effective with your tenants' participation and preparation. *(See Bed Bug Treatment : Single Family Home & Apartment Resident Preparation section of this presentation)*
3. **INSPECT BEFORE TREATMENT.** Call your pest control professional to request a consultation, confirm infestation, and for assistance & instructions. Only a licensed pest control professional is qualified to confirm infestation.
4. **COORDINATE THE DATE & TIME OF TREATMENT.** Speak with tenants and coordinate date and time for preparation of home and extermination. Schedule accordingly.

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5. **PROVIDE WRITTEN PREPARATION INSTRUCTIONS TO TENANT.** Provide tenant with written instructions for preparation (see http://www.haltpestcontrol.com/docs/bed_bug.pdf). Preparation of the dwelling is critical for the day of treatment. Inform tenants of steps required to prepare for extermination. Without these steps, the extermination will not be effective.
6. **REPEAT INSPECTIONS.** Inspect the dwelling every 2 weeks until resolved.
7. **REPEAT TREATMENT.** Repeat the treatment and eradication measures until problem is fully resolved.
8. **INSPECT ADJACENT UNITS.** Adjacent units must also be inspected and treated, as the insects live in the walls and floor boards of a building.

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NOTE: The cost of extermination is tax deductible. This is NOT the fault of your tenants. If tenants leave, the problem WILL remain.



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- Halt Pest Control is the leader in bringing bed bug problems to a halt!
- Every technician on the Halt team is rigorously trained in Halt's certified bed bug eradication procedure.
- Halt is the professional team you need to eliminate your bed bug problems.
- Call or email us at 503.524.8548 or info@haltpestcontrol.com for help with all of your pest control needs.

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