

# What YOU should know about BED BUGS

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City of Lynn Inspectional Services Department



A recent nationwide increase in infestations concerning bed bugs has resulted in a need for this notice concerning how to deal with bed bugs. It outlines preventative measures that may assist in helping to control this unfortunate situation and also lists several facts and circumstances that will help to educate residents on how to control this infestation problem.

## **FACTS:**

- Bed bug infestation has nothing to do with one's housekeeping. Spotless homes many times are subjected to infestation as well as units in need of cleaning.
- Generally cluttered conditions make for safe havens for bed bugs and make the extermination process extremely difficult.
- Existing extermination methods are very time consuming and are often times required to be done several times to eliminate the problem.
- Extreme infestations can result in a need of the tenant to discard furnishings, beds, box springs, and in isolated instances residents are required to get rid of all of their belongings (TVs, phones, etc.).
- Bed bugs hide in bedding, carpets and baseboards, in the folds of curtains and drapes, inside and underneath drawers, and behind loose wallpaper.
- Generally, clothing can be saved by washing in HOT temperatures. Persons must take great care in the transporting of infested clothing to washing facilities in order to not spread the problem. Double, tightly sealed, plastic bags are recommended for assisting in transportation of infested clothing.
- Dead bed bugs are capable of hatching new babies. Therefore, vacuuming any dead bedbugs after any extermination process is a MUST! It is suggested the bag type vacuums that allow for careful disposal of the bag again in double, tightly sealed plastic bags is the way to go.
- Consistent vacuuming of carpets and furniture is a good preventative measure. Again please practice proper disposal techniques that are previously outlined above.
- BED BUGS are a tough critter to exterminate. Often times, repetitive treatments are necessary.

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## Look for these WARNING SIGNS!

- Small blood stains on bedding, mattress, and or sheets.
- Night time biting. Bed bugs are generally nocturnal and most active at night.
- Bed bugs draw blood when they bite someone. In fact, if one is found and squeezed, blood will appear at times.

## SOURCES OF INFESTATION:

- Purchasing various furnishings from yard sales, flea markets, and other non commercial sources such as family and or friends.
- Although it is limited in most cases *trash picking* is a mistake. One man's trash may lead to your infestation!
- Bed bugs many times can be brought home in suitcases when traveling abroad.
- Friends and relatives that may have an infestation problem at home may transport the critters from house to house on one's person, but this is rare.
- An infested apartment can cause spreading to adjoining apartments if early detection is not part of the process
- People that are embarrassed to come forward with potential infestations only assist in the further spreading of an already bad situation. **PLEASE DO NOT BE EMBARRASSED TO INFORM THE PROPER AUTHORITES OF A POSSIBLE PROBLEM.** Infestation is not any one's fault, no one wants this problem. However, it may be your fault that others are affected if an infestation goes unreported and untreated.

## Bedbug Life Cycle

**4 Weeks - 5 Months Depending On Conditions**



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## **Preparation Instructions for Treatment of BED BUGS:**

Please be advised that the following instructions are the actions needed to be performed on your part in order to properly prepare for the treatment of your residence. These instructions also inform you of the required follow up actions required on your part, in order to ensure a complete extermination result.

Any failure to adhere completely to these preparations and instructions could result in the existing infestation to not be properly addressed, making extermination unsuccessful. This would result in the need for further treatments to eliminate the problem completely.

- Clean out all items from the closet floor and closet shelves in the bedroom.
- Eliminate any cluttered conditions that exist in the room in general.
- Remove all bedding from the mattress and pillow cases (DO NOT remove any plastic mattress covers).
- All bedding should be immediately laundered prior to reuse.
- All drawers of any type in the bedroom must be totally empty of clothing and other belongings in order to properly treat the furniture.
- If a condition exists that cannot be controlled through treatment there is always a possibility that the exterminator will require that some belongings should be disposed of in order to prevent further infestation.
- All units that are treated require that all residents stay out of the unit for four (4) hours after the actual treatment.
- Each resident must adhere to follow up procedures that consist of a thorough vacuuming of any dead insects as a result of the extermination.
- Your vacuum bag or canister must be immediately emptied or removed. It is recommended that you TRIPLE bag any vacuuming bags or canister contents and dispose of the contents in the trash IMMEDIATELY.

## **Bed Bug Bites:**

- Bed bugs are not known to transmit any infectious diseases.
- Bed bug bites look like the bite of most blood-sucking insects and may cause some skin irritation.
- To treat bed bug bites, wash the area of the bite with an antiseptic soap to reduce infection and resist the urge to scratch. Contact your health advisor if the bite becomes infected.