

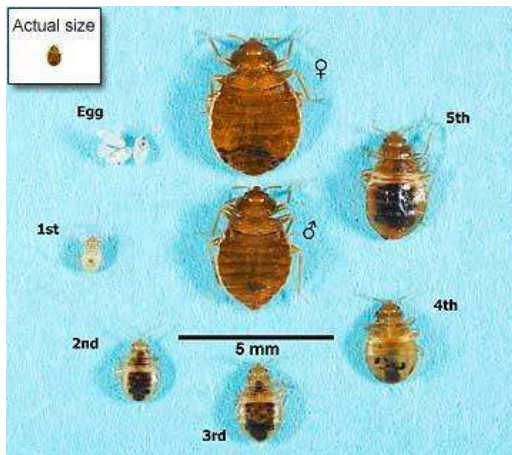
- smelly, with a “musty-sweetish” odor produced through glands on the lower side of the body.

Young bed bugs (also called nymphs), in general, are:

- smaller, translucent, or whitish yellow in color; and
- if not recently fed, can be nearly invisible to the naked eye because of coloring and size.

Bed bug eggs, in general, are:

- tiny, the size of a pinhead.
- pearl-white in color; and
- marked by an eye spot if more than five days old.



### **Signs of Bed Bugs:**

Bites on the skin are a poor indicator of a bed bug infestation. Bed bug bites can look like bites from other insects (such as

mosquitoes or chiggers), rashes (such as eczema or fungal infections), or even hives. Some people do not react to bed bug bites at all. A more accurate way to identify a possible infestation is to look for physical signs of bed bugs. When cleaning, changing bedding, or staying away from home, look for:

- Rusty or reddish stains on bed sheets or mattresses caused by bed bugs being crushed.
- Dark spots (about this size: •), which are bed bug excrement and may bleed on the fabric like a marker would.
- Eggs and eggshells, which are tiny (about 1mm) and pale-yellow skins that nymphs shed as they grow larger.
- Live bed bugs.

### **Where To Find Bed Bugs:**

When not feeding, bed bugs hide in a variety of places. Around the bed, they can be found near the piping, seams and tags of the mattress and box spring, and in cracks on the bed frame and headboard.

If the room is heavily infested, you may find bed bugs:

- In the seams of chairs and couches, between cushions, in the folds of curtains.
- In drawer joints.

- In electrical receptacles and appliances.
- Under loose wallpaper and wall hangings.
- At the junction where the wall and the ceiling meet.
- Even in the head of a screw.

Since bed bugs are only about the width of a credit card, they can squeeze into really small hiding spots. If a crack will hold a credit card, it could hide a bed bug.

### **What To Do If You Found A Bed Bug:**

It is important to notify the Housing Authority immediately. The sooner we know about the problem, the sooner we can work to resolve it. This is especially important in high rise apartments because we do not want the infestation to spread to other tenants. If you find a bed bug please call the Maintenance Department as soon as possible so your apartment can be inspected and a treatment plan can be created. The Housing Authority does not charge tenants for the treatments. But if we are unaware of the problem, we are unable to prevent the infestation from spreading.

### **Prevention:**

Here are a few steps that can help prevent a bed bug infestation

- Check secondhand items (i.e., clothes, furniture; beds, couches, dressers, and air conditioning units

for any signs of bed bug infestation before bringing them home.

- Use a protective cover that encases mattresses and box springs to eliminate many hiding spots. The light color of the encasement makes bed bugs easier to see. Be sure to purchase a high-quality encasement that will resist tearing and check the encasement regularly for holes or a cover that has been pre-treated with pesticide to control bed bugs.
- Reduce clutter in your home to reduce hiding places for bed bugs.
- Vacuum frequently to remove any successful hitchhikers.
- Be vigilant when using shared laundry facilities. Transport items to be washed in plastic bags (if you have an active infestation, use a new bag for the journey home). Remove from dryer directly into bag and fold at home. (A dryer on high heat can kill bed bugs.)
- Try to isolate your apartment.
- Items included the package received at move in (91% Alcohol, Bed post pads, traps)
- Desiccants (drying agents i.e., 91% alcohol) can be effective in some situations since they work by drying

out the bug (which means the bed bugs can't develop resistance to it)

### **Treatment Options:**

Treatment options depend on the severity of the infestation. The Housing Authority has generally used heat treatments. This is the most effective way to help tenants not have adverse health effects from chemicals.

### **What NOT To Do:**

Do not get rid of any infested items. (ie beds, couches, chairs, clothes or air conditioning units) In doing this the risk of spreading the infestation increases substantially.

Do not give away/sell infested items.

Do not use "Bug Bombs"

Do not buy over the counter sprays (these sprays are full of chemicals and have become ineffective)



## **BED BUG INFORMATIONAL PAMPHLET**

In this pamphlet we are going to share as much information as possible regarding what bed bugs are, how to identify them, where to find them, what to do if you think you have found one, prevention and treatment options. If you have a bed bug infestation, it is best to find it early, before the infestation becomes established or spreads, especially when living in an apartment complex.

### **What Are Bed Bugs?**

Bed bugs are a pest – that feed on blood, causing itchy bites and generally irritating their human hosts. Unlike most public health pests, bed bugs are not known to transmit or spread disease

### **Identification:**

Adult bed bugs, in general, are:

- about the size of an apple seed (5-7 mm or 3/16 - 1/4 inch long);
- long and brown, with a flat, oval-shaped body (if not fed recently);
- balloon-like, reddish-brown, and more elongated (if fed recently);