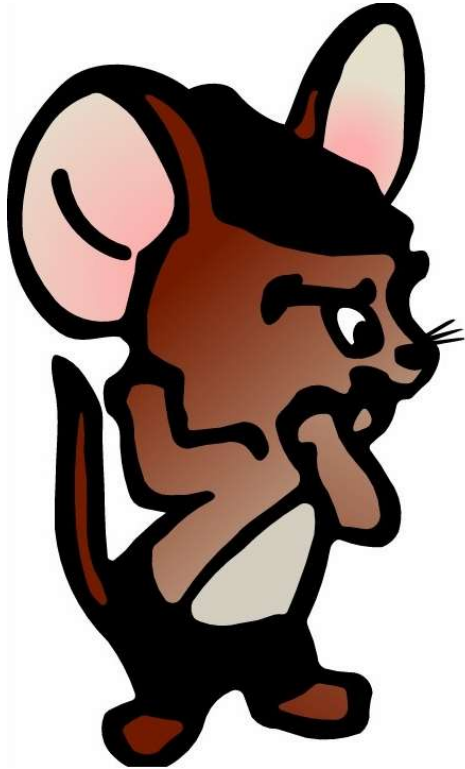


A guide to controlling bed bugs in your home.



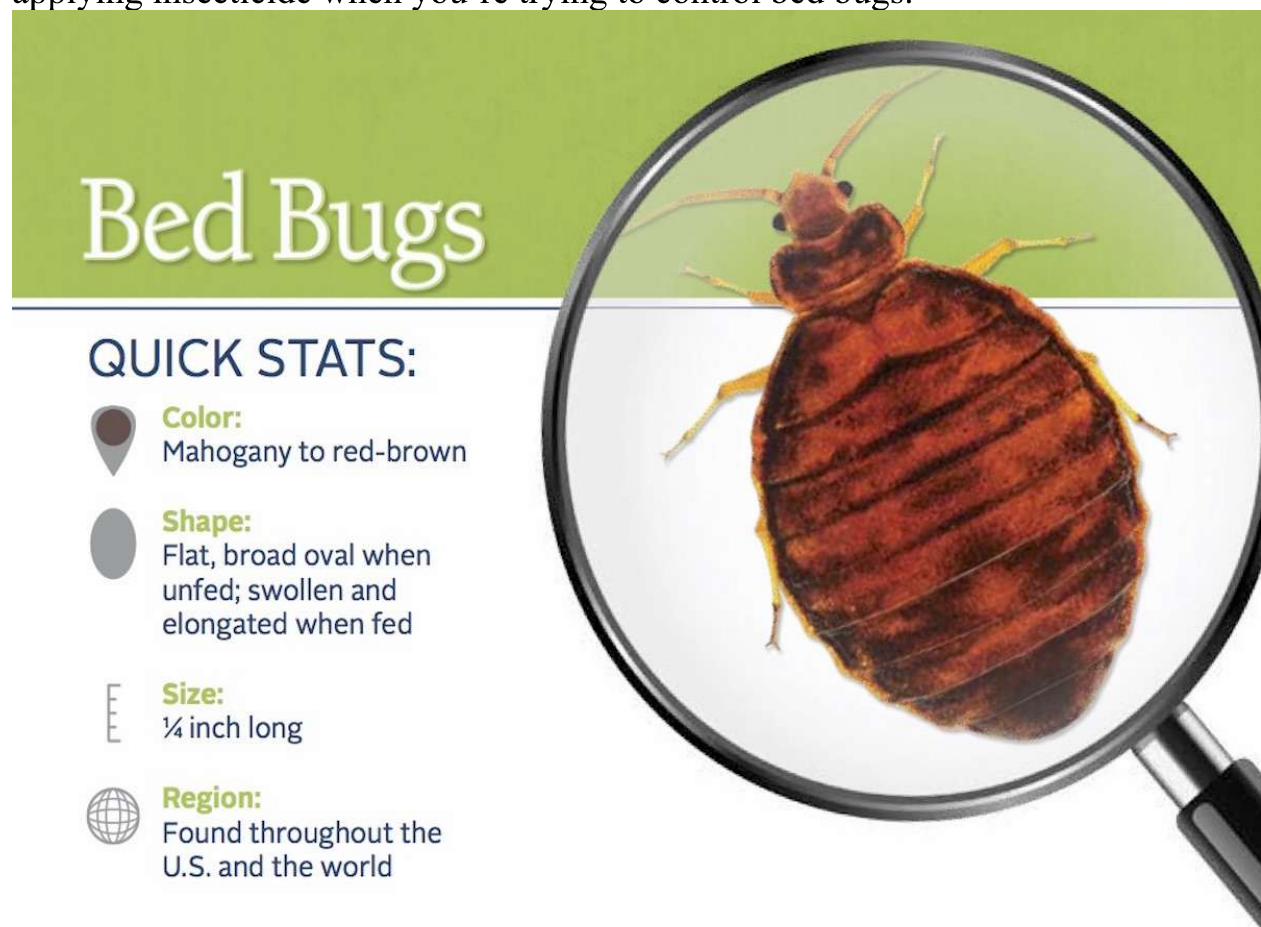
**Pronto Pest
Management, INC.**

Introduction

Anyone anywhere can get bed bugs. Having bed bugs doesn't mean that a home, office, school or other building is dirty. It just means that the bed bugs found a place to live where there are places to hide and people to bite. They could have hitched a ride from a friend's house, from the apartment next door, from a hotel room or from a chair in a clinic waiting room.

Bed bugs are hard to control, but can be done.

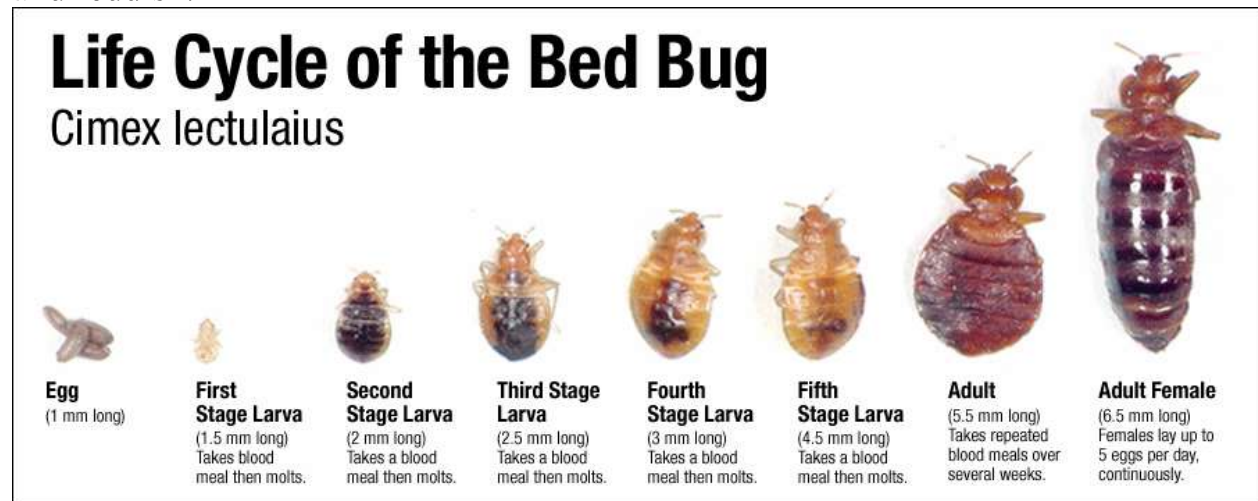
Cleaning, getting rid of clutter and taking a few other steps are just as important as applying insecticide when you're trying to control bed bugs.



What are Bed bugs?

Bed bugs are small, reddish-brown insects that are about the size and color of apple seeds. They live indoors and feed only on human (and sometimes other animal) blood. They don't eat crumbs, skin cells or anything else.

Bed bugs are flat and very good at hiding in small cracks. They don't have wings, and they don't jump. The smaller, younger stages (nymphs) start out tan and darken as they grow to adult stage. Bed bugs that have recently fed will be swollen and reddish.



Bed bugs don't carry diseases, but their bites can cause itchy skin reactions. People who are worried about being bitten, or that they have bed bugs in their homes, also may be anxious and lose sleep.

Looking for Bed bugs

WHAT TO LOOK FOR



Black or brown stains, usually in crevices



Molted skins



Adult bugs about the shape and size of an apple seed

Bed bugs can hide in the smallest cracks, and tend to prefer areas near where people sleep (including beds and living room couches). You will need to carefully inspect your home to figure out where they are.

Signs to look for when you're looking for bed bugs are alive or dead bed bugs, empty skins they have shed as they grow from one stage to another, eggs, and fecal stain.

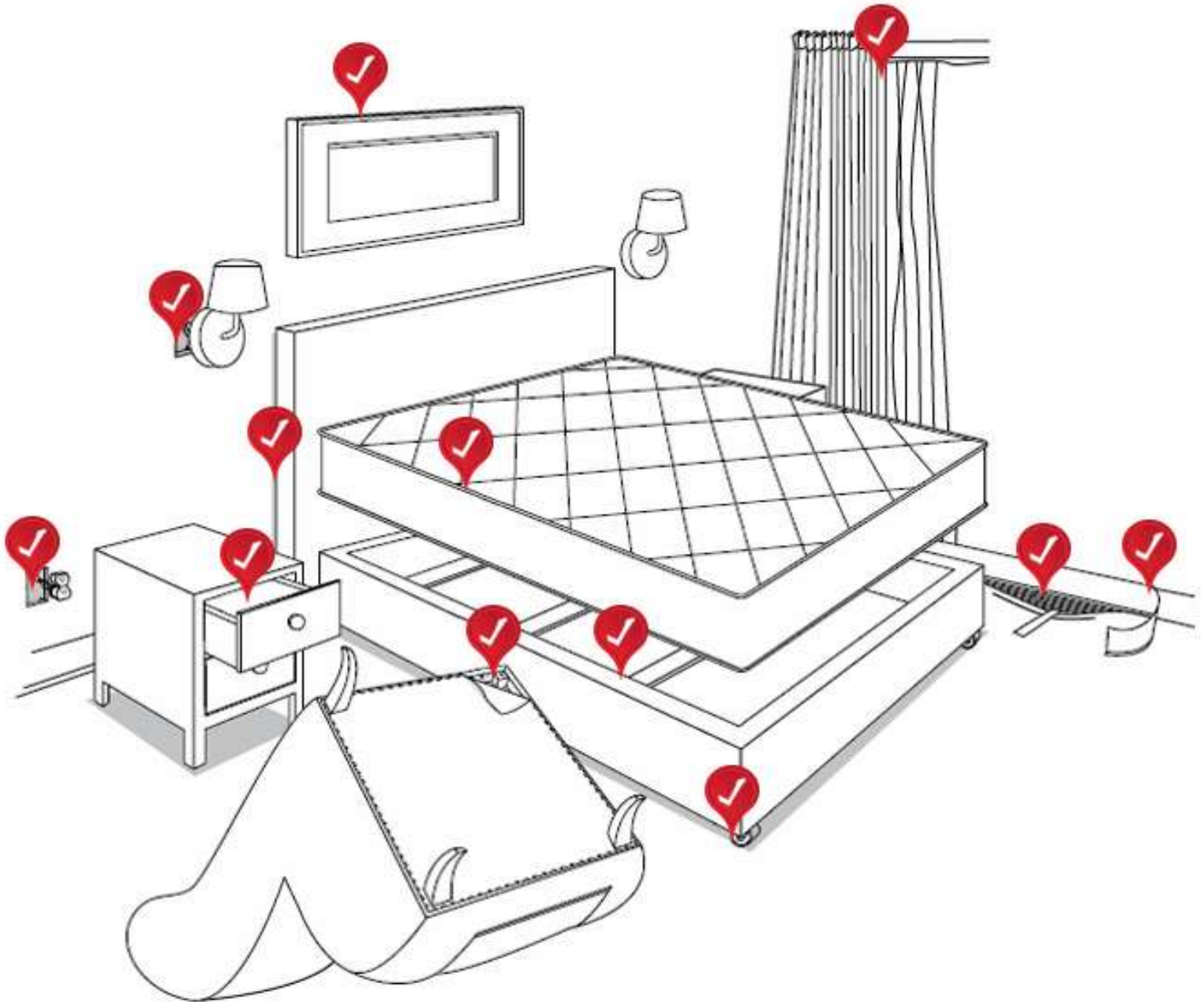
Start to look for bed bugs within 15 or 20 feet of where people sleep. (This where bed bugs are most likely to be found.) Move carefully across the whole area. Angle your flashlight beam along the surface you're inspecting to help make eggs and newly hatched bed bugs easier to see.

It's important that you look at all the cracks and crevices that might hold bed bugs so that you don't miss anything. Stick a probe such as a putty knife, playing card or nail file into the cracks to force out any bed bugs that might be hiding in them.

Where to look

- **The Bed-** looks at and under the mattress and box spring, bed frame, headboard and footboard. Focus on the trim and seams of the mattress. Also look inside the cracks and crevices under the box spring. Check the sheets and pillow cases, too.
- **Furniture near the bed-** Examine the nightstands, dressers, and wardrobes, toy chests, and other storage containers, chairs and other furniture. Empty the furniture and containers, then remove and inspect all drawers, frames and cracks. Check the rails, joints and screw holes in the frames.
- **Walls-** check cracks in the plaster or drywall and behind peeling wallpaper and paneling.
- **Trim-** Inspect any cracks in and along the floorboards, baseboards and crown molding (if you can reach it safely.)
- **Windows and doors-** Check the frames and trim.
- **Window coverings-** Inspect the blinds, drapes, curtains. Shades and other window coverings.
- **Electrical system-** Look inside smoke detectors, clocks and phones, and behind the face plates of electrical outlets and switches. (Warning: Don't put anything into any area with electrical wires or connections!)
- **Decoration-** Check the frames and behind any decorative objects on the walls, including wall hangings, pictures, posters and mirrors.

- **Floor coverings-** Look along the edges of carpet and rugs, and under rugs, floor cloths and other movable floor coverings.
- **Upholstered furniture-** Inspect the tufts, seams, trim and zippers of upholstered furniture such as sofas, couches, chairs and ottomans (foot stools). Look at their undersides and legs, and under the slipcovers, too (if you have them).



After the search

Your search for bed bugs in your home has probably ended with one of the following three results:

You found no insects that you think might be bed bugs.

Yay! You may not have to fight bed bugs right now, but you might want to take steps to help keep from getting them. Keep looking if you still think you've got bed bugs, or hire a professional to inspect your home, because bed bugs can be hard to find.

You found insects that you think might be bed bugs.

Take or send a few of the insects to an expert to find out whether they really are bed bugs. While you wait to find out for sure, it's time to plan what to do if they really are bed bugs.

You found bed bugs.

Time to plan how to manage the infestation in your home.

After your search, you know which parts of your home have bed bugs. And if you've crushed and vacuumed up all of the bed bugs that you found while you searched, you've already made progress. It's time to take the next steps in the process of ridding your home of those pesky critters.

Protect the Beds

Steps to take for protecting your mattress and box spring from stains that bed bugs leave behind. You will need to purchase encasements for your mattress and box spring.

1. Vacuum the bedroom carefully to reduce the number of bed bugs, especially in the sleeping areas and around and under the bed.
2. Inspect and clean the headboards and bed frames with standard household cleaners or soapy water to get rid of any bed bugs you see.
3. Enclose the mattresses and box springs in sturdy zippered covers labeled "allergen rated," "for dust mites" or for Bed bugs." Look for smooth, strong covers that don't have any folds around the zippers (fold can hide bed bugs).

The covers will trap any bed bugs that are already inside them and will help keep more bed bugs from getting into them. The smooth covers are also easy to inspect, vacuum and clean. If a cover rips or tears, replace it or fix with duct tape.

4. Move the beds away from the wall. Take off any bed skirts and make sure the bedding doesn't touch the floor. (This will help keep bed bugs from climbing onto the bed.)

Clean & Organize

Cleaning and organizing a room or home to help get rid of bed bugs can be a lot of work. It's very important, though, because bed bugs thrive in many hiding places of cluttered living areas.

A bucket of hot water with soap or detergent and a vacuum cleaner will help you clean up bed bug debris and allergens, making the environment healthier for the people living there.

Suggested cleaning methods for various items follow.

- **Washable clothes, shoes, stuffed toys, pillows and bedding** – Wash these items in hot water and dry them on the highest heat setting possible. (**Note:** Clean clothes don't have to be re washed. Just put them in the dryer on high heat for 30 minutes or longer.)
- **Hard toys, electronics, books and other papers, and breakable items that can't be washed**- Store items like this in sealed plastic bags or bins until you can inspect and treat them.
- **Hard toys and breakable items that can be washed**- Some hard toys (such as building bricks and plastic figures) can be put into lingerie bags and run through a dishwasher with "heated dry" turned on. It's probably best to hand wash breakable items.
- **Once items have been washed or treated, store them in plastic bags or bins so that bed bugs can't re-infest them.** You can remove items from the bags and bins once you've killed all of the bed bugs.

Vacuum Everywhere

Vacuuming is one of the best ways to remove the live bed bugs that are hiding in a room, a regular vacuum is fine, but a vacuum cleaner with a HEPA (high-efficiency) filter will also help reduce the spread of allergens. A crevice tool will

help focus the vacuum's suction in small spaces, cracks and crevices. You could also use a brush attachment, which may help in dislodging eggs.

How to Vacuum

Once all of the personal items, clothing and bedding in the room have been organized and bagged, it's time to start vacuuming.

- Start with the bed. Pay special attention to the mattress and box spring seams. Take the mattress and box spring off of the bed frame. Inspect and vacuum all surfaces to remove all loose dirt and visible bed bugs. Use a brush or crevice tool with a scraping motion to loosen bed bugs and eggs.
- Vacuum inside and under the drawers of night stands, dressers and other furniture. Be sure to vacuum any screw and nail holes.
- Vacuum along the bottoms of the walls and all of the moldings and other trim. If molding or wallpaper is loose, lift or remove it and vacuum underneath or behind it. Make sure to vacuum around the heating vents.
- Vacuum upholstered furniture such as couches, recliners and their cushions. Pay special attention to all cracks and folds. Turn the furniture over to vacuum the undersides.

Clean & Store the Vacuum Cleaner

- When you're done vacuuming, the vacuum cleaner may have live bed bugs and eggs inside. Remove the entire vacuum bag or debris container (If you have a bag less vacuum) after each use. Put the whole vacuum bag or the container contents into a plastic bag. Seal the plastic bag with tape and throw it outside in the garbage. Wash the debris container with hot water and detergent.
- Wash the vacuum brush attachment with hot water and detergent to remove any live bugs or eggs caught on the bristles.
- After you've cleaned the vacuum cleaner and attachments, store them in a large plastic garbage bag that is closed tightly.

Make Repairs

Making simple home repairs will help control bed bugs, get rid of their breeding areas, and keep them from coming back.

- Caulk along moldings and joints with sealant (silicone or latex will work; however, silicone is generally not paintable) to close off bed bug hiding

spots. Pay attention to small cracks and crevices, any window or door molding that a dime can slide under, and old screw or hardware holes in wooden furniture. Try to fill in screw heads and nail holes on the bottom or furniture.

- Inspect and repair wall outlets and switch plates to reduce gaps that could let bed bugs into the room.
- Seal the openings around pipes and other objects that come through walls, floors and ceilings to keep bed bugs from moving to and from nearby rooms or units.
- Repair or remove peeling wallpaper.
- Repair cracks in walls and floors.

Wash surfaces & Furniture

- Wash all furniture that isn't upholstered and all hard surfaces in the room using soap and water. Be sure to wash the crevices and spaces in the frames.
- Wash cribs and children's bed frames with soap and water.
- Wash the floors, moldings, window sills and walls thoroughly.
- Pet beds may also become infested with bed bugs. These beds can be placed in the clothes dryer.

If you are a Renter

Renters should report suspected bed bug infestations to their landlord or building managers and should not apply insecticides themselves. Landlords or property managers should respond promptly when they are notified that a unit may have bed bugs. It's also recommended that they hire a licensed pest control company to inspect and treat infested units. It's important that residents and landlords work together to get rid of bed bugs. Most of the information in the booklet will be useful in preparing an apartment for insecticide treatment by professional.

If you don't receive an adequate response from your manager, consider contacting your city's code enforcement or buildings department.

Local laws may ban the use of insecticides by renters in government housing.

Find out more

The web pages listed here provide more information on identifying, controlling and preventing bed bugs.

- State of Michigan
www.michigan.gov/bedbugs
- U.S. Environmental Protection Agency
www.epa.gov/pesticides/bedbugs/
- National Pesticide Information Center
<http://npic.orst.edu/pest/bedbug>
- Centers for Disease Control and Prevention
www.cdc.gov/parasites/bedbugs/