



18 Dolores Drive
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Bed bugs have made a worldwide comeback. Unfortunately, they're turning up in many surprising places, such as fancy hotels, hospitals, college residence halls, laboratories, airports, and maybe even your home. Why? Many experts consider globalization a major culprit. People and goods are traveling more widely and in greater numbers than ever before, plus most people do not think of bed bugs nor have any idea what they look like. Bed bugs are nocturnal, small, and easily overlooked, and can live for months without eating, making them perfect stowaways in luggage and shipping crates. Adult bed bugs are around ¼ inch long and reddish brown in color, while immature stages (nymphs) are 1/32 inch long after hatching from the egg and are more or less white to translucent. They will feed and grow over a period of a few months or longer. Each of 5 nymph stages requires at least one blood meal to mature and grow. Adult bed bugs feed to gain nutrition, to produce eggs and sperm, and ultimately to reproduce. Eggs are sticky and are deposited in furniture, cracks and crevices, and wherever bugs are able to hide. They can wait for months between blood meals.

So what should you do about a bed bug infestation? First, relax. For most people, bed bugs are more of a nuisance than a medical threat. Although they feed exclusively on blood, bed bugs are not known to transmit any diseases to humans. They may be horrifying to some, but they pose less risk to us than do mosquitoes. The best strategy to deal with bed bugs is integrated pest management, which combines a variety of practical techniques and products that pose the lowest risk to our health and to the environment.

I found bed bugs. Now what? There is no getting around it: if you want to get rid of bed bugs, you need to **clean and get rid of the clutter**, especially in your bedroom. Bed bugs are not restricted to beds. Clothing should be washed (hot cycle) and placed in dryer on medium to hot or, if already clean, at least run through the dryer for 1 hour. Heat-dried clothing must be retained in plastic bags or special (covered) plastic bins and not placed back into dresser drawers. Remove things they could hide behind or underneath, such as pictures, posters, and area rugs and bag securely.

There is no single tool or activity that, used alone, will eliminate bed bugs, including pesticides. Multiple techniques are required because bed bugs are small, good at hiding, and can live for long periods of time without feeding. However, with the cooperation of the tenant, bedbugs can be eliminated.

It is essential that you thoroughly clean and prepare your apartment before chemical treatment. The chemicals we use have the following purposes:

- knock down/kill on contact
- insect growth regulator
- residual, for longer-lasting effect
- desiccants for wall voids



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We have included two detailed checklists for cleaning and room preparation. Please refer to these checklists for any uncertainties that may arise while you prepare your rooms for treatment. Remember that bedbugs will be killed at 120 degrees and scrubbing a surface with a stiff brush will remove bed bug eggs. Also, please read the included IPM article by Dr. Jody Gangloff-Kaufmann, [*Bed Bugs are Back- An IPM Answer*](#), for further information.

Cleaning and Laundry Checklist for Bedbugs

- Place all clothing and linens into large, clear plastic bags. Clear bags are good because bed bugs can be seen inside them, if clothes and linen are also infested.
- Place all shoes, coats, pillows, children's plush toys, and small rugs and mats into large clear plastic bags.
- Personal belongings should be inspected carefully, cleaned, and placed into plastic bags or bins. Do not use cardboard boxes, bed bugs can hide in folds and will deposit eggs there.
- All clothes, linens, pillows, shoes, coats, and children's plush toys should be treated by placing them into a HOT dryer for 1 hour. Do not overstuff the dryer, heat must reach all items. Those items that may be harmed by during at high temperatures can be soaked in warm water with lots of laundry soap for several hours before rinsing.
- Keep cleaned items separate from items that have not been checked or cleaned.
- Unless you are sure that there are no bed bugs on personal belongings, these should remain in the bag or bin until they can be carefully inspected or washed.
- The room should be emptied of all personal belongings and floors thoroughly vacuumed with a brush attachment (which should later be washed in hot water and detergent).
- The mattress and box spring should be vacuumed to remove any live bugs and debris and later encased or prepared for treatment. After vacuuming, immediately place the vacuum cleaner bag in a plastic bag, seal or tie it tightly, and throw the bag away in an outdoor container.
- For the mattress and box spring, buy a certified "bed bug proof" mattress cover. Scrub the mattress seams with a stiff brush to dislodge bed bugs and any eggs and vacuum these up. Then enclose the mattress in the cover for at least one year. This will trap any remaining bed bugs inside the cover, killing them. Throw away and replace an infested box spring if necessary. Always cover a new box spring.
- Hard furniture, floors, and walls should be washed liberally with soapy water. Use essential oil soaps (pine, orange, or lemon), enzyme soaps, or a sudsy detergent.
- **Outlets and electrical switch plates should be opened** and inspected for signs of bed bugs, but not washed!
- Wash in and around any heating units that are not electrical.



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- Repair cracks in plaster and reseal and seal all loosened wallpaper, especially in bedroom.
- **Do not discard mattresses, furniture, clothing or other items without properly wrapping them and coordinating the disposal with the building staff. Do not leave these items in common areas of the building (hallway, basement, etc.) Doing so will only spread the infestation to neighboring apartments and possibly lead to a return infestation in yours.**

Preparation for Treatment Checklist

- Remove all blankets, sheets, covers, pillows, bath towels, and drapes/curtains from the bed and room and place them into bags for transport to the laundry.
- Empty drawers and closets and place belongings into plastic bags. Place all clothing and coats into bags for transport to the laundry. Shoes, pillows, and children's plush toys should also be bagged for the laundry.
- Plastic toys, books, electronics, and anything that cannot be washed should be bagged separately for inspection.
- The room should be empty of all cloth and plush items, except plush furniture. If possible, the pillows of plush furniture should be removed and laundered.
- Move furniture at least 18 inches away from the walls. Older or weaker people may need help with this.
- Make sure the pest control professional can get to all furniture, closets, beds, and baseboards to inspect and treat.
- Tilt furniture for exterminator to apply chemicals into the cracks and crevices.
- Remove outlet covers and switch plates on all walls.
- People and pets must leave the area during treatment and wait the stated amount of time before reentering, usually 4 hours.
- If there is a fish tank in the household, it should be covered with a towel or plastic, because fish are very sensitive to many pesticides.
- All clothing, linens, and other items must be cleaned (free of bedbugs) and kept isolated until the bedbug problem is eliminated.

You should prepare your room in a similar fashion as if you were moving out, so that our technicians can treat all cracks, crevices, and other areas where bedbugs may hide.

We recommend that you follow manufacturer's specifications for cleaning all items or consult with a professional cleaning company for recommendations. We cannot provide specific cleaning techniques for personal items; however, in general we suggest:



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- Using hot water and essential oil (lemon, orange, pine) soaps for cleaning.
- Scrubbing with a stiff brush to loosen and remove bedbug eggs.
- Use a steam cleaner, clothes dryer or any other heat source that reaches a temperature of 120 degrees to kill bed bugs.
- Thoroughly vacuum all areas of your apartment.

Clothes, blankets, bed sheets, shoes, and other materials are not treated with pesticides and need to be cleaned. After your apartment has been treated, it is very important that you continuously vacuum and clean to prevent another infestation.

If you have any further questions about the cleaning of your personal belongings that may not have been answered by the above information, please visit bedbugger.com or yahoo.com to get other creative ideas on killing your bed bugs.

After your initial treatment, please wait two to four weeks to allow the chemicals to fully work. A follow-up treatment may be scheduled if necessary.

Location	Apt. #	Tenant
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I acknowledge that I have read and have done the above IPM methods for bed bug management.

Signature	Print Name	Date
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To minimize infestation, tenant must perform on a daily basis Integrated Pest Management methods as outlined above and listed in New York State IPM Program Publication.

Please call to make a follow up appointment for an inspections and treatment in fourteen (14) days because this is a necessary part of the treatment process.

Note: Several treatments may be needed to eliminate problem.

I have read and understand the above statement for the follow up treatment(s).

Signature	Print Name	Date
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