



### What are bed bugs?

- Anyone can be affected by bed bugs regardless of class status, lifestyle, or dwelling type.
- Bed bugs are parasitic insects which feed on human blood as well as the blood of other mammals.
- Bed bugs themselves do not spread communicable diseases but their bites can leave uncomfortable welts which can get infected if they are scratched too much.
- Bed bugs cannot fly or jump but they crawl very fast. They can travel through cracks in walls to find food sources in other rooms or attached dwellings.
- Physically, bed bugs appear reddish brown in color and flat as adults. They are ~1/4" long. As juveniles, they are much smaller and appear almost clear, especially when unfed.
- Bed bugs spread fastest when they attach to mattresses, furniture, luggage, or clothing items which are moved from place to place. They can also survive on other movable items.

### **For more information, visit:**

- Cuyahoga County Bed Bug Task Force Website: <http://cuyahogabedbugs.org/>
- Centers for Disease Control Informational Page:  
<http://www.cdc.gov/parasites/bedbugs/faqs.html>
- Ohio Department of Health Bedbug Factsheet:  
<https://wp063adb9bb6c8.blob.core.windows.net/wp-media/2016/06/Bed-Bug-Factsheet-ODH.pdf>
- NYC Guide for Treating Bed Bug Infestations:  
<https://wp063adb9bb6c8.blob.core.windows.net/wp-media/2016/06/NYC.gov-Preventing-Getting-Rid-of-Bed-Bugs-Safely.pdf>

### **If you suspect that your residence may have bed bugs...**

- Carefully inspect your mattress, box spring, or other furnishings for signs of bed bug infestations such as fecal spots, which are small and black in color. While this does not confirm an infestation, it may suggest that bed bugs are nearby. The only thing which can confirm a bed bug infestation is the presence of bed bugs, so inspect for the bugs themselves frequently.
- Regularly vacuum carpeting and rugs, especially around beds and similar furniture. At the end of the vacuuming job, sprinkle ¼-1/2 of a cup of talcum powder on the

floor and vacuum it up. The powder will dehydrate and kill any bed bugs in the canister/bag. Discard the contents in a sealed bag in the trash can outside.

-Heat will kill bed bugs, so it is recommended that clothes, bedding, and other textiles be washed then dried at the hottest recommended setting for 30 minutes.

-While the presence of clutter is not a precursor for bed bug infestation, the fact is that elimination of clutter reduces hiding spots for bed bugs and clutter should be reduced as much as possible when tackling a possible infestation. Too much clutter can limit to effectiveness of any other treatment.

-Infested mattresses should be encased in a zippered cover that is bed bug proof. Look for the certification on the packaging. Leave these on the mattress & box spring for at least a year, as bed bugs can survive unfed for a very long time. Leaving them on indefinitely or permanently is most effective.

-There are pesticides which kill bed bugs available over the counter, but it may be difficult to reach every possible location for bed bugs to hide. A licensed pest management professional can provide assistance. Licensed pest management companies also sell many products which are effective against bed bugs over the counter.

-Do not use “bug bombs” or fogging apparatuses. They are ineffective, dangerous, and cause bed bug infestations to spread further.

-When searching for a pest management professional, it is best to find the most reputable. LakewoodAlive offers a pest management professional referral program with certified local contractors who possess expertise in bed bug treatment.

**For further advice, visit these pages:**

Non-Chemical Bed Bug Management: <http://www.vdacs.virginia.gov/pdf/bb-nonchemical1.pdf>

How to Choose a Pest Control Company: <http://cuyahogabedbugs.org/links-documents/>

### **If bed bugs are found in a unit of a multi-family dwelling...**

-Call your landlord or property manager for assistance. Landlords or property managers should call a licensed pest management professional for assistance.

-Bed bugs are nimble and can travel between apartments without the assistance of a human host. This is why quick action is key.

### **Landlords/Property Managers should...**

-Provide tenants with educational information about bed bugs.

-Encourage tenants to report bed bug infestations as soon as they are detected.

-Notify other tenants and inspect adjacent units in the event of an infestation.

-Inspect units upon vacancy and control any pests in vacant units before renting.

### What to Look/Ask For in a Pest Management Professional

- Reputable, licensed exterminators with extensive knowledge on bed bugs are ideal.
- Pest management professionals should be licensed by the Ohio Department of Agriculture and may have memberships in acclaimed pest management professional associations.
- Good pest management professionals will inspect your dwelling before pricing treatments and do not simply charge a flat fee.
- Look for an exterminator who plans to employ an Integrated Pest Management treatment, which combines heat treatment, chemical treatment, and other treatments designed to eliminate infestations.
- Consult with a licensed pest management professional about conditions in your home which contribute to the complexity of individual infestations.
- Make sure to get a treatment plan and cost estimate in writing.
- Good pest management professionals provide a warranty for their service. Ask for warranty information from every company you contact
- Contact multiple licensed pest management companies and compare.

### Preventing Future Infestations

- To prevent another infestation, avoid picking up discarded upholstery or upholstered furniture, mattresses, or bedding.
- Inspect any new or used mattresses and furniture before it enters the home.
- Dry any new or used clothing on high for at least 30 minutes after purchasing.
- Mindfully eliminate any cracks between tiles, in the walls, or along baseboards in order to prevent bed bugs from entering other rooms or dwellings as well as preventing them from using cracks and crevices as hiding places.
- Perform regular inspections of your furniture.
- Complete household tasks such as vacuuming and similar cleaning chores regularly and thoroughly.
- Inspect hotel/lodging mattresses when traveling and luggage when coming home.
- Encase your mattress in bed bug proof coverings. Leaving this on permanently will kill any bed bugs on the mattress and prevent new ones from making your mattress their new home.

To contact LakewoodAlive's Housing Outreach Program, visit:  
<http://www.lakewoodalive.com/housing-outreach/> or call 216-521-0655