



BED BUGS DO NOT DISCRIMINATE

Common Sense Advice for Home Visitors

Bed Bugs don't discriminate. Anyone can get Bed Bugs. These insects do not care what race you are, your age, or your economic status; they are simply looking for their next meal. Help remove the stigma associated with Bed Bugs and participate in the solution.

Know the facts about Bed Bugs. Bed bugs are very successful hitchhikers, moving from an infested site to furniture, bedding, baggage, boxes, and clothing. Bed Bugs feed exclusively on blood. Depending on the conditions of your home, each Bed Bug may feed once every 5 to 10 days. They are quite resilient and are capable of surviving over a year without feeding. Bed Bugs are usually active late at night – not during typical home visits. Bed Bugs do not carry disease. This factsheet provides guidance on the precautions you can take to prevent the spread of Bed Bugs.

**Protect yourself. Get informed.
Stop the Spread.**

www.nhbedbugs.com



- ❑ **Carry in to the home only what is necessary.** Minimize the amount of personal items you bring into the home. Leave your coat, pocketbook, briefcase and other excess items in the car.
- ❑ **Be smart about where you sit.** Sit on a hard chair or bring a portable stool. Sit in the middle of the room away from carpets (preferably an area with a hard type of flooring). Sitting on upholstered furniture or beds will put you and the next family you visit at risk.
- ❑ **Set your belongings on a table.** By putting your belongs on the bed or upholstered furniture, you run the risk of taking a Bed Bug home. Place your belongings on a table or on a solid surface floor.
- ❑ **Inspect yourself before you get in your car.** Inspect your clothes upon leaving for Bed Bugs. Don't forget to inspect your shoes and shoelaces. Inspect your personal office and living area for signs of Bed Bugs on a regular basis.
- ❑ **Keep an extra set of clothing (including shoes) in your vehicle.** Keep a change of clothes and shoes in case Bed Bugs are found on you (or seen walking around the home). Put the contaminated clothes into a sealed plastic bag or tote and then directly into your dryer. Dry clothes in a dryer and/or steam-clean your shoes.
- ❑ **Protect your car from unwanted hitchhikers.** After each home visit, place all your clothing, bags, and shoes in to a plastic storage tote with airtight lid. This will confine hitchhiking bugs to your "home visiting bags and toolkit".
- ❑ **Decontaminate your clothing.** After a visit, gather all your clothing, bags, and shoes and put them in the dryer on high heat (at least 140 degrees) for at *least* 20 minutes to kill Bed Bugs.
- ❑ **Vacuum your vehicle after a home visit.** Vacuum your vehicle after a home visit using a local carwash vacuum cleaner. This will prevent you from contaminating your personal vacuum.
- ❑ **Decontaminate your home vacuum.** If you use your own vacuum, suck up some talcum powder prior to and immediately after vacuuming a vehicle. Remove the vacuum cleaner bag outside of the home or office and seal it in a plastic bag. Dispose of the vacuum bag in a trash receptacle outside of the home or office. Inspect all vacuum attachments and brushes for any signs of Bed Bugs and eggs.
- ❑ **Insect repellants applied to your skin or clothes DO NOT repel Bed Bugs.** Bed Bugs will feed through skin covered in DEET and are NOT repelled by any insect repellant labeled for biting insects (or ticks).
- ❑ **Know how to recognize bed bugs.** Adult Bed Bugs are visible but the nymphs – youngest ones and eggs are very small in size. Eggs are glued to objects by female Bed Bugs. For photos or additional information, visit Bed Bug Central at www.bedbugcentral.com.



BED BUGS DO NOT DISCRIMINATE

Common Sense Advice for Landlords

Bed Bugs don't discriminate. Anyone can get Bed Bugs. These insects do not care what race you are, your age, or your economic status; they are simply looking for their next meal. Help remove the stigma associated with Bed Bugs and participate in the solution.

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New Hampshire Department of Health and Human Services, Division of Public Health Services

- ❑ **Inspect all units prior to rental.** Inspect all units thoroughly for signs of Bed Bugs prior to renting to a new tenant. In your inspection, look behind baseboards, window and door casings, behind electrical covers, in telephones or other electronic devices and in any small crack or crevice in the wall or floor. If inspecting an occupied unit include headboards and bed frames, inside box springs, behind wall hangings, between curtain folds, in drawers and drawer rails, behind and underneath furniture, under and around floor clutter.
- ❑ **Interview your prospective tenants.** Ask all incoming tenants if they have had exposure to Bed Bugs in the past in their own apartment or through a neighbor. Remind them – in non-threatening terms – how easy it is to transport Bed Bugs into their new apartment.
- ❑ **Provide Bed Bug education to tenants.** Share with them printed information about Bed Bugs and how to prevent infestations. Explain that they may be inadvertently bringing Bed Bugs into the unit if they are leaving an infested apartment or building. Taking precautions before moving in will save both the landlord and the tenants the costs and disruption of dealing with an infestation.
- ❑ **Develop a Bed Bug policy for the building.** Specify in the policy that tenants are to immediately contact the landlord if they see a Bed Bug. Be sure to specify a time frame and how the notification is to be submitted. If the tenant does not notify you immediately, the problem will take longer to control and will be more difficult.
- ❑ **Contact a pest professional.** If notified by a tenant about Bed Bugs, contact a certified pest management professional IMMEDIATELY. Getting on top of the problem within the first two weeks of an infestation will increase the likelihood of success. Do NOT treat the situation yourself. Treating Bed Bugs with over the counter remedies may make it worse.
- ❑ **Prepare the area well before the pest management company arrives.** Ask the pest control company how the tenant should prepare for the treatment. Communicate these instructions clearly to the tenant. Make sure the tenant prepares properly for the treatment. If there have been no tenant complaints of Bed Bugs in neighboring apartments, have the exterminator inspect all surrounding apartments (above, below and on either side of the infested unit) to see if Bed Bugs are in these units. Have tenant gather all clothing and bedding and put them in the dryer on high heat (at least 140 degrees) for at least 20 minutes to kill Bed Bugs. Put cleaned items in sealed plastic bags until after treatment.
- ❑ **Interview your pest control company.** If your pest control company cannot provide a detailed plan for addressing the infestation, including a schedule of treatments and an Integrated Pest Management strategy for the tenants, look else where for a professional who can. Check out Bed Bug Central for a list of pest management professionals in your area who have been certified Bed Bug FREE. Visit them at www.bedbugcentral.com/bedbugfree