

Don't Let the Bedbugs Bite!

Photos of Bedbugs, Bites, Prevention, Treatment

Take this only if you don't have internet access. Save trees ☺

The common Bed Bug, *Cimex lectularius*, can be found anywhere with a high turnover of overnight users. Buildings intended to house people coming from dilapidated and crowded conditions or the chronically homeless are particularly susceptible to repeated introduction of bed bugs. These pests will reproduce to cause severe infestations if not treated early and if prevention methods are not in



Once established, bed bug management can cost many thousands of dollars. Follow the guidelines in this factsheet to minimize future infestations.

Caulk all spaces and joints

Bed bugs live in wall cavities and floors, moving throughout a building and spreading infestation. Caulk all joints between floors, baseboards, doorframes, walls, crown molding, light fixtures and ceilings. Caulk and seal all light-switch plates and other wall panels and install tight-fitting door sweeps.

Avoid carpeting - Install hard floors

Bed bugs can easily move across carpet and hide in the fibers. Install hard floors for easy cleaning and to discourage nesting and transport of bed bugs. Be sure to seal the joints between flooring and walls/baseboards. If carpet exists, vacuum frequently with bag-less vacuums and empty contents daily so bedbugs do not re-infest areas.

Install metal furniture with covered mattresses and no box-springs

Bed bugs can easily crawl up wooden or other rough and porous surfaces, so metal or other slick surfaces will discourage pest movement. Install metal bed frames, bookcases, desks, etc... Box-springs offer perfect nesting habitat so they should be avoided. Mattresses with protective plastic covers will prevent bedbugs from nesting and proliferating in the mattress.

Encourage storage of belongings in plastic storage bins

Storing belongings in plastic containers helps prevent bugs from infesting new items and makes it easier to thoroughly inspect, clean, vacuum, or steam the area.

Offer free laundry service and large freezer for non-washables

Every new tenant should be greeted, interviewed, and educated about how to avoid bed bugs. Encourage new residents to talk about the potential that they have been exposed to bed bugs. If there is any chance they have come into contact with bedbugs from another location, consider offering free laundry service before they move in. If many of your residents come from such situations, consider installing a large freezer in which non-washable belongings can be stored for 24-48 hours to kill stow-away insects.

Treat wall cavities and any carpeted areas with desiccating dust

Consider least-toxic options such as limestone dust (for example Nic-325) for carpets, mattress folds, box-springs, and upholstery. Try diatomaceous earth to treat wall cavities, behind light-switch plates, and cracks and crevices. Because this type of material will be cleaned up with vacuuming, it should be re-applied, at the very least, before new tenants move in.

Non-toxic and preventative measures

Continually monitor and inspect sticky traps, beds, and other crevices at least once a month for bed bug evidence (bugs in traps or blood spots on bed sheets). Consider including access for monitoring purposes in leases for the building. Frequent vacuuming, washing the floors with soapy water, and steam cleaning any areas suspected of harboring bed bugs may be enough to ward off infestation if detected early.

Updated 1-2006

Thanks to Pestec, CCSF IPM Provider, for information

For other safer tips & products, just go to SFApproved.org/420-Pest-Management/
San Francisco Dept. of Environment, (415) 355-3700