

What do you do if you think you have bed bugs?

CALL THE ASSOCIATION MANAGER IMMEDIATELY!

Why? He/she will call a professional to determine if you have bed bugs or some other issue. There is **no cost to you** for the professional evaluation or professional treatment, even if you have bed bugs. The sooner you call the manager, the sooner your problem will be solved. The association manager has years of experience, so he will know how to handle the problem and he will be discreet.

How do I get rid of bed bugs in the home?

- Getting rid of bed bugs is not an easy process, and most cases of bed bug infestation will require treatment by a pest-control expert. A variety of low-odor sprays, dusts, and aerosol insecticides can be used to eradicate bed bugs. These must be applied to all areas where the bugs are observed as well as spaces where they may crawl or hide.
- The pest-control company can help you determine if the mattress can be disinfected or must be discarded. Since beds cannot readily be treated with insecticides, it's often necessary to discard infested mattresses and beds.
- Depending on the level of infestation the pest-control expert may recommend certain forms of deep-cleaning such as scrubbing infested surfaces with a stiff brush to remove eggs, dismantling bed frames and furniture, filling cracks in floors, walls, and moldings, encasing mattresses within special bags, or using a powerful vacuum on cracks and crevices.
- Vacuum, vacuum, and vacuum some more.
- Keep your sleep area clean and clutter free.



WHAT WILL THE ASSOCIATION MANAGER DO?

- A. Above all he will be discreet and understanding.
- B. Call a professional contractor to confirm the presence of bed bugs.
- C. If bed bugs are found, a treatment date will be set. You will receive a handout outlining your responsibilities to prepare for the treatment. Your cooperation is essential for the best treatment possible and will be required before the treatment begins. Please note that the Association has the authority to hire an outside service to remove, clean and replace your items, if these things are not done.
- D. Notify the neighboring units and prepare them for a barrier treatment. A handout will be issued, outlining what is required for barrier treatments. This is a relatively simple process that will focus on the bedrooms, outlets and common wall of the affected unit.
- E. Arrange for a follow up treatment 14-28 days after the initial treatment. This is a full treatment that is just as important (if not more) than the initial one.
- F. Follow up with a inspection 30 days after the second treatment to insure that there are no bedbugs. If any are seen, the process must start over. Rarely do we need to do this, especially if you cooperate 100%.



This is a typical pattern of bites



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Contact the manager for
all bed bug issues:
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LiftView Bed Bug Policy and Information Guide

WHY THIS POLICY?

It is not embarrassing to have bed bugs. Some of the best of homes and hotels have them. They are an epidemic world wide. If you suspect you have them the association wants to know so we can help you get rid of them and keep them from traveling to other homes. Because the association is proactive and pays for the professional treatments our complex has been spared severe infestations

LIFTVIEW BED BUG POLICY

Liftview will arrange and pay for the treatment of all units affected with bedbugs. This will also include a barrier treatment of all adjacent units as well. Treatment will be conditional of unit being completely ready based on requirements set by the exterminator. This will include, but not limited to, the removal and cleaning of all clothes, linen and towels; bedding and mattress removed from the frame; closets and dressers cleaned out and all baseboards clear. Affected unit will be treated again within 30 days of the initial treatment, with the same conditions.



WHAT ARE THEY?

Bed bugs are small parasitic insects of the family cimicidae. The term usually refers to species that prefer to feed on human blood. The name bed bug is derived from the insect's preferred habitat of houses and especially beds or other areas where people sleep.

Adult bedbugs are reddish-brown, flattened, oval, and wingless. Bedbugs have microscopic hairs that give them a banded appearance. Adults grow to 4-5 mm in length and 1.5-3 mm wide. Newly hatched nymphs are translucent, lighter in color and become browner as they moult and reach maturity.. Bedbugs may be mistaken for other insects such as booklice, carpet beetles, ticks or small cockroaches. The life span of bedbugs varies by species and is also dependent on feeding. Although bedbugs can live for a year without feeding, they normally try to feed every five to ten days. In cold weather, bedbugs can live for about a year; at temperatures more conducive to activity and feeding, about 5 months.



How do you get them?

Bed bugs do not travel on their own. They are opportunistic hitchhikers. Homes can become infested with bedbugs in a variety of ways, from:

- Bugs and eggs that attach themselves to your clothing, luggage and pets
- Infested items (such as furniture or clothing) brought in
- Nearby dwellings or infested items, if there are easy routes
- Wild animals (such as bats or birds)
- People visiting from a source of infestation; bedbugs, (like roaches), are transferred by clothing, luggage, packages and on someone's body.
- Crowded living quarters also facilitate the spread of bed bugs

Where are bed bugs found?

Bed bugs can live in any area of the home and can reside in tiny cracks in furniture as well as on textiles and upholstered furniture. They tend to be most common in areas where people sleep and generally concentrate in and around beds, including mattresses, box springs, and bed frames. They do not infest the sleeping surfaces of beds as commonly as cracks and crevices associated with the bed frame and mattress.

They also like curtains, picture framing, night stands, dressers, desks (especially in the tracks of the drawers), clothing, closets, suitcases, wicker furniture and carpet. They are also becoming common in public areas, such as hotels, theaters and airplanes.

How do you know you have them?

Bedbugs can be found on their own but often congregate once established. They usually remain close to hosts, commonly in or near beds or couches. Bed bug bites may go unnoticed or be mistaken for flea or mosquito bites or other types of rash or skin conditions, since they are difficult to distinguish from other bites.. Bedbugs are elusive and usually nocturnal, which can make them hard to spot. Aside from bite symptoms, signs include fecal spots, blood smears on sheets, and moults. Bedbugs are most active at night and bite any exposed areas of skin while the individual is sleeping. The face, neck, back and arms are common areas for bites. Most bites are undetectable, unless you have an allergic reaction to the bite. The bites are rarely harmful to humans.

HOW DO YOU DETECT AND PREVENT THEM?

Outside the home

- Check beds – hotels, other homes visited- look for red fecal stains, egg cases and moultings, especially around the seams of the mattress and where the frame meets the box springs
- Check nightstands or furniture near the bed-remove all drawers and use a flashlight to inspect. Bedbugs do not want to be detected, so they will scatter when they see light or movement.
- Check all clothing/personal items and suitcases – outside and before you bring them indoors

Inside The Home

Use the above guidelines in addition to the following:

Habits and Hygiene

- Wash bedding frequently
- Vacuum, vacuum and vacuum some more
- Use bedbug mattress covers and 100% bamboo sheets (bamboo is said to repel bedbugs)
- Avoid buying or receiving used furniture, especially mattresses, night stands and wicker.
- Avoid all used hotel furniture
- Do not place beds against the wall-this will make it more difficult for them to climb on your bed
- Place saucers under the bed legs and fill with a hot pepper solution-bedbugs cannot fly, so they must crawl up the legs of your bed or your walls/ceiling to bite you

Structural

- Seal all holes to minimize the possibility of bugs getting into your home. Specifically, check underneath all sinks to ensure that all water pipes and drains are filled with insulation where they exit the wall
- Seal off all electrical outlets with caulking-there is a gap between the drywall and electrical box
- Put foam inset behind all outlet covers-this can be purchased at any home improvement store
- Seal all cracks around baseboard, where the drywall meets the subflooring
- Seal all gaps around windows and entryways