

# ALERT

It has come to our attention that **BED BUGS** are increasingly detected in apartment buildings located in Waterville.

What are bed bugs? They are biting insects, feeding on people's blood. They hide in mattresses, clothing and furniture. They can not dig into wood however they fit into very small cracks, holes in upholstery and mattresses. The bugs do not carry disease but are a nuisance due to their bite and the ability to spread quickly. They can appear in anyone's home when introduced from people's body, their clothing, shoes, backpacks, purses and/or furniture.

## Bedbugs are hitch-hikers....

**We want to take precautions so that this infestation does not spread to our buildings.** Here is how you can help us avoid bedbugs coming into our buildings:

- Don't allow overnight guests, particularly from a questionable living situation....
- Don't bring in a used mattress.
- Don't accept furniture from a source you do not know!
- Make sure your mattress is on a frame, not resting on the floor.

If you question whether you have bedbugs, please call us and we will check for them. **NO ONE** is evicted for bedbugs – however we do need and require your cooperation in preventing the spreading of bedbugs.

*Please help us keep our buildings free of pests!*

Feel free to call me with any questions or concerns – Thank you!

# BED BUG POLICY

ABSOLUTELY NO mattresses or box springs are to be placed directly on the floor. No towels, linens or blankets are to be hung in the windows.

Tenant acknowledges the duty to inform the Landlord immediately should bedbugs be suspected to exist in any rental unit.

Tenant agrees to cooperate fully with the Landlord to get rid of the bedbugs.

Upon notification by a Tenant of suspected bedbugs, the Landlord will have the apartment inspected within five days.

If bed bugs are found during this initial inspection, landlord shall contact a state certified pest control expert within ten days of finding the bed bugs.

Landlord will take all reasonable steps to treat the problem, based on the expert's advice.

Tenant expressly agrees to give Landlord and Landlord's agents access to their bed, furniture and other belongings for the purpose of treating the infestation.

Landlord will attempt to be respectful of Tenant's privacy, but at the same time, Tenant agrees to allow Landlord or its agent to perform whatever inspections and treatments may be needed to sure the infestation.

Tenant acknowledges that if he or she unreasonably refuses to cooperate with Landlord's efforts to remediate the bed bug infestation, tenant may be forced to pay the cost of treating the apartment.

To help get rid of bed bugs, Tenant acknowledges that they may be asked to move furniture, launder clothing, linens or take other steps to assist in the process, and agrees to comply. If the Landlord tells the tenant how much the above will cost and then advances these costs on behalf of the tenant, tenant expressly agrees to repay those costs over a six-month period in the form of a surcharge to the monthly rental payment.

If bed bugs are found in an apartment, Tenant agrees to purchase and install in approved anti-bed bug mattress cover for all mattresses in the apartment.

\_\_\_\_\_  
Tenant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Landlord

\_\_\_\_\_  
Date

## Bed BUG Prep Sheet

1. Launder clothing and bedding on HIGH heat for 45 min.
2. Pull all furniture away from the wall about a foot
3. Keep all clothing and other items out of dressers for treatments
4. Do not pile stuff on beds or other furniture.

Your treatment is scheduled for \_\_\_\_\_ at \_\_\_\_\_

### Day of Treatment:

1. People and Pets must be out of the building for at least 4 hours.
2. Have beds stripped
3. VACUUM beds, floors and other furniture when you return!
4. Mattress and box spring should be enclosed in plastic bed bug proof bag AFTER the first treatment. WalMart carries these bags.

Tenants who refuse to leave the day of the treatment are subject to a \$100 fee for Bug Busterzzz having to make a second trip.

### What to expect after treatment:

Bed Bugs will still be active after the first treatment. This is OK. The process will be repeated 2 more times, at 1 to 2 week intervals.

After a few days you should see a decrease in activity. Sometimes the material used in treatment will make them move and you will see more during the day than usual. This is normal.

*Keeping your space clutter free will help with the treatment!!!*

**Thank you for your cooperation!**

### What are bed bugs?

Bed bugs are thin, brown, oval-shaped insects slightly smaller than a lady bug. These pests tend to be most active at night. They cannot fly or jump. But they crawl — quickly. To live, bed bugs bite humans.

### Can bed bugs spread disease?

While bed bugs are not known to spread disease, their bites can cause itching.

### How do bed bugs travel?

Bed bugs move from place to place by "hitchhiking" in items such as **moving trucks**, luggage, backpacks, and especially used items including: furniture, picture frames, lamps, and clothing. They can survive and thrive in a variety of spots: houses, apartments, hotel rooms, college dorms, etc..

### How do I know if I have bed bugs in my home?

You may notice waking with red itchy bites. It can be difficult to determine if you have a bed bug problem because these insects feed at night and hide during the day. While bed bugs can be found in any area of the home, they typically live in the couch area & bedroom. Look for bed bugs:

- In seams of mattresses/bedskirts/curtains
- Behind bed boards and bed frames
- Between cracks and crevices
- In furniture and dresser drawers

### What causes bed bug infestations?

Bed bug infestations are not caused by poor sanitary conditions. **But** untidy, cluttered environments and failure to detect an infestation early can make the bed bug problem worse over time. Recognizing the signs of bed bugs and **taking immediate steps to reduce their population** can greatly lessen the risk of a severe infestations.

### Can bed bugs be transferred from one person to another?

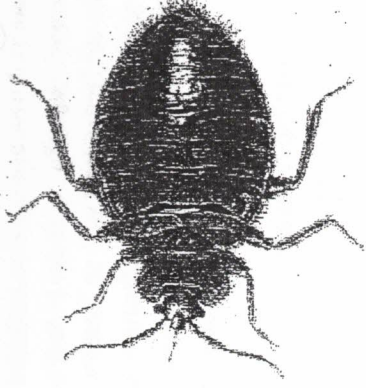
Yes, Bed bugs move from place to place by hitchhiking on belongings or in through walls and ceilings. However, they do not hop or jump they must crawl or fall and they typically move at night. They live in anything within close proximity to humans like nightstands, lamps, beds, picture frames, couches, outlets, etc.

**Never** bring home discarded furniture. If buying used furniture, inspect it very closely before bringing home.

**Bug bomb** moving trucks before using them.

For more about bedbugs please call the Cooperative Extension or check out this link:

<http://www.youtube.com/watch?v=Lo8MphU0-sk>



## BEDBUGS

### What are they?

### How do I prevent them?

### How do I get rid of them?

## How do I get rid of bed bugs?

Eliminate bed bug habitat. Start with a rigorous inspection of your home. Bed bugs crawl, they will be within 15' of human beings.

If you see evidence of bed bugs, bag all belongings into plastic for washing and drying. Proceed to vacuum and clean carefully with diluted bleach solution (1 part bleach to 10 parts water). It may also help to vacuum and steam clean the carpet, paying close attention to where walls meet carpets. Also, wash walls and dresser drawers. Cracks and crevices are the key. Using a hair dryer to kill the bed bugs that you can see is effective. Severely infested furniture should be discarded.

Although insecticide applications might be necessary. This should be done by a licensed pesticide applicator after infested areas have been cleaned as thoroughly as possible.

Insecticide will not be effective without properly preparing your home for professional treatment. Vacuum, Seal cracks, remove the bug's access to you.

Force bed bugs out of cracks and crevices with a putty knife, playing card, or with hot blow-dryer on low setting. The heat from blow-dryers will kill bed bugs after 30 seconds of continuous contact. A steam cleaner would also work well.

Get rid of clutter to reduce places bed bugs can hide. After checking them for bed bugs, consider putting non-essential belongings into storage until the bed bugs are gone from your home.

Catch them with sticky packing tape. Wrap bed legs with double sided tape. Be sure no curtains or bedding touch the floor.

Wipe off dead bugs, blood stains, eggs and droppings with hot soapy water.

Wash all items showing bed bug stains in hot water (140.F) and dry on the highest setting for at least 20 minutes. Other clean items suspected of having bed bugs should be placed in a hot dryer for at least 20 minutes to kill bed bugs. After drying, store items in sealed plastic bags until you are sure you have gotten rid of bed bugs.

Vacuum carpets, floors, bed frames, furniture, cracks and crevices daily, using the brush and crevice tools. Empty the vacuum or seal and dispose of its bag outside of your home after each use or place in a double plastic bag and place in the freezer until you use it again.

**Enclose infested mattresses and box springs in a cover that is labeled "allergen rated," "for dust mites," or "for bed bugs" for at least a full year. Periodically check for rips or openings and tape these up. \*Put tape sticky side up on each bed leg.**

Usually, it is not necessary to get rid of furniture or bedding at the first signs of bed bugs. Cleaning and enclosing is often adequate. Box springs should only be discarded if they cannot be covered and are heavily infested.

**Bed bugs can not climb on slippery and sticky surfaces. Plastic wrap, double sided tape, and talcum powder are effective ways to keep them from reaching you.**

Use plastic sheeting (shrink /pallet wrap) or place securely in plastic bags any items to be thrown away. Label with a sign that says "infested with bed bugs" to prevent others from recycling.

### **Please check out these links:**

<http://www.youtube.com/watch?v=VfK89E-i9Is>

<http://www.youtube.com/watch?v=M9xpDin87WI>

<http://www.youtube.com/watch?v=v3b7rdCtllHW>

<http://www.youtube.com/watch?v=JNfwy8ODDB4>