

# Bed Bug Facts and Help

## \*\* A 10 Step Solution \*\*

“Bed Bugs” (Cimex) **are spread easily** by sharing used furniture and belongings.

“Bed Bugs” (Cimex) **can be eliminated** by following the steps outlined here.

### WHAT TO LOOK FOR:

- \* Red spots: on skin exposed during sleep.
- \* Shape: Oval shaped insect with no wings
- \* Color: brown, red or clear.
- \* Size: up to 1/4 inch or 0.5cm
- \* Where: hide in furniture, bed, walls and floor during the day.
- \* Signs: Blood stains on bedding or walls.

**DO NOT USE PESTICIDES  
ON YOUR BODY OR IN YOUR HOME.  
PESTICIDES ALONE DO NOT SOLVE  
THIS PROBLEM.**

**PESTICIDE USE IN YOUR HOME CAN  
POISON YOU AND YOUR CHILDREN.**

### **CALL FOR HELP IMMEDIATELY**

City of Somerville Health Department

**(617) 625 - 6600 x 4300**

Ask for assistance or leave a message.

# Bed Bug Facts and Help

## \*\* A 10 Step Solution \*\*

Adult (Enlarged Photo)



[www.thesahara.net/bed\\_bug.htm](http://www.thesahara.net/bed_bug.htm)

Adult Actual Size



[www.thesahara.net/bed\\_bug.htm](http://www.thesahara.net/bed_bug.htm)

Baby with Paperclip



[www.psu.missouri.edu/entomology/housebugs/images.fleaslicebugs.htm](http://www.psu.missouri.edu/entomology/housebugs/images.fleaslicebugs.htm)

Insects on newspaper



[www.tampere.fi/ytoteto/yva/tehtava/luonto/ihsyo.htm](http://www.tampere.fi/ytoteto/yva/tehtava/luonto/ihsyo.htm)

Translated versions available  
courtesy of  
the Cambridge Health Alliance.

### ABOUT ‘BED BUGS’ (Cimex) :

- \* Insect can live over 1 year without a blood meal.
- \* Lifespan up to 4 years.
- \* Female lays eggs daily which hatch after 1 to 2 weeks; over a lifetime totaling up to 500 eggs.
- \* Cannot survive heat > 120 F for more than a few hrs.
- \* Live in the house and in furniture, NOT on the body.

### WHERE TO LOOK:

- ‘Bed Bugs’ (Cimex) hide during the day in dark places.
- \* Sheets, blankets, mattresses, box springs, headboard.
  - \* Floors, walls, doors, windows, woodwork, behind light/ outlet plates, behind wallpaper, curtains/ drapes, cracks/crevices, upholstered furniture, behind pictures.
  - \* Closets, bags, clothing, drawers, old books, papers.

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### CALL FOR HELP

If you suspect or identify ‘bed bugs’:

City of Somerville Health Dept

**617-625-6600 x 4300**

Ask for assistance or leave a message.

[www.ci.somerville.ma.us/Department.cfm?dept=11](http://www.ci.somerville.ma.us/Department.cfm?dept=11)  
City of Somerville, MA Health Department 5/2005

## TENANT

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### \*\*\* WHAT TO DO – 10 steps \*\*\*

**1. Contact immediately** your landlord or the Somerville Health Department **617-625-6600 x 4300**.

**Arrange for thorough inspection** of infested and nearby areas by inspector or professional licensed exterminator before treating home.

**A professional licensed exterminator** must be hired by landlord or home owner as per MA law.

**Determine the day** when your residence will be treated by speaking with your landlord and then

**Complete steps below BEFORE exterminator arrives.**

#### YOU WILL NEED:

- Strong Trash Bags with ties.
- Washer/Dryer machines ( HIGH HEAT)
- Vacuum Cleaner with disposable bag.
- Vinyl mattress and pillow covers with Zippers.

**COMPLETE THESE STEPS ON EXTERMINATION DAY,  
ALL AT ONCE, ALL IN ONE DAY.**

**2. COLLECT ALL FABRIC ITEMS IN BAGS.** Collect and remove all washable fabric items (pillows, sheets, blankets, clothing, rugs, curtains, towels) from all rooms (closets, bedrooms, living room, bathrooms, kitchen). Place into trash bags and seal.

**3. REMOVE** bags from your home.

**4. WASH & DRY on HOT, then SEAL.** Wash all items in hot water in a washing machine. Seal and throw away empty trash bags. Dry all items on highest heat setting in a drying machine. Place clean items in new, unused bags and tie closed. Do not bring clean bags of clean laundry into home until after extermination.

**5. VACUUM ALL SURFACES** with a strong suction vacuum. (ALL furniture, mattresses, floors, walls, crevices, heating units, baseboards, picture frames, etc...).

**6. DISPOSE OF VACUUM BAG.** Immediately place vacuum bag in trash bag, seal and throw away in a waste container outside of building.

**7. DESTROY & THROW AWAY INFESTED ITEMS** and furniture you are willing to dispose of. Prevent re-use. When you throw furniture away, wrap it in plastic, break it apart, slash it with a scissors, and/or smear ketchup so that no one picks it up off the street, bringing insects into another home.

**8. PROFESSIONAL LICENSED EXTERMINATOR** treats home and furniture.

**9. SEAL MATTRESSES & PILLOWS.** Completely seal mattresses/pillows in Zippered vinyl coverings. Leave sealed for 1 year.

**RETURN CLEAN ITEMS TO HOME.**

**10. PROTECT LEGS of BEDS and FURNITURE.** Place legs of beds and furniture into bowls of mineral oil. Put Vaseline &/or sticky tape around the legs of furniture. This prevents the insect from climbing up.

**COMPLETE ABOVE STEPS IN ONE DAY.**  
**FOLLOW UP INSPECTIONS** are necessary.  
**REPEATING THESE STEPS** may be required.

## LANDLORD

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### \*\*\* WHAT TO DO – 10 steps \*\*\*

**1. UNDERSTAND** that a “Bed Bug” (Cimex) infestation begins by a single insect traveling into a building. A cimex infestation is neither your fault nor the fault of the tenants. By law you are required to maintain the dwelling you own without insect infestation. (MA: 105 CMR 410.550).

**2. INSPECTION BEFORE TREATMENT** is very important before treatment. Call the Somerville Board of Health **617 - 625 - 6600 x 4300** to request a consultation, to confirm infestation, for assistance & instructions. Only a licensed professional exterminator or Health Inspector is qualified to confirm infestation.

**3. CONTACT TENANTS.** Extermination can ONLY be effective with your tenants’ participation and preparation.

#### COORDINATE DATE/TIME OF EXTERMINATION

Speak with your tenants and coordinate date and time for preparation of home and extermination. Schedule accordingly.

**4. PROVIDE INSTRUCTIONS for PREPARATION OF DWELLING on EXTERMINATION DAY.** Provide tenant with a copy of this pamphlet, as preparation of dwelling is critical on the day the exterminator will treat the home. Inform your tenants of the steps required to prepare the dwelling for extermination. Without these steps, the extermination alone will not be effective in eradicating “bed bug” infestation.

#### 5. CHOOSE an EXTERMINATOR CAREFULLY.

Choose a professional licensed exterminator carefully. Expertise is required for Cimex (“bedbug”) eradication as pesticides alone are NOT effective. A good exterminator will have specific protocol unique to solving this problem.

**6. ASK QUESTIONS.** The following are questions to ask that will help determine the qualifications of an exterminator to eradicate a dwelling of “Bed Bugs” (Cimex).

- \* Do you have background, training and experience with "Bed Bug" (Cimex) eradication? (Yes.)
- \* How long will treatment take? (At least one day).
- \* How many treatments will this require? (Thorough eradication requires multiple treatments).
- \* Will preparations be necessary? (Extensive preparation is necessary for effective treatment).
- \* Are "Bed Bugs" difficult to eradicate? (Yes.)
- \* When will you treat the dwelling? (NOT today. Extensive prep by occupant is necessary.)
- \* Do you provide materials to prepare tenant for your visit? (Yes.)
- \* Will you be checking surrounding units? (Critical).
- \* Do you follow up with inspections? (An experienced professional inspects every two weeks.)

**7. HIRE A QUALIFIED LICENSED EXTERMINATOR and SCHEDULE THE VISIT.** Inform tenants of date / time.

**8. REPEAT INSPECTIONS** every 2 weeks until resolved.

**9. REPEAT TREATMENT** and eradication measures until the problem is fully resolved.

**10. ADJACENT UNITS MUST BE INSPECTED** and treated, as the insects live in the walls and floor boards of a building.

**COST OF EXTERMINATION IS TAX DEDUCTIBLE**  
**THIS IS NOT THE FAULT OF YOUR TENANTS.**  
**IF TENANTS LEAVE, THE PROBLEM WILL REMAIN.**