

Bed Bugs

Inspections



Oklahoma
State
University

How Do I get Bed Bugs

- The resurgence of bed bugs in such varied places should not be too surprising. In the 1930s and '40s, infestations were common in hospitals. Entire sections of seating were infested in movie houses.
- Bed bugs also were common years ago on trains, buses and taxicabs. In Sweden in the 1930s, almost half of all moving vans inspected had bed bugs, and a subsequent survey in Iceland showed that bed bugs were often found inside televisions and radios being serviced by appliance repair shops (Potter 2008b).
- The remarkable ability of this pest to “hitchhike” from one place to another means they can materialize almost anywhere...from a restaurant booth to a blood pressure cuff.

- This is not about being an unclean person.
- It is not about where you come from or how well you live.
- This is simply about proximity to the bug, which can happen anywhere.
- All it takes is for you to put your back pack down next to someone's back pack that has bed bugs in it.
- Invite some one over to your house that has them and let them sit on your couch.

How Do I Avoid Getting Bed Bugs

- Never pick up discarded clothing or furniture on the side of a road, or by a dumpster.
- Never buy second hand furniture without inspecting it. Even after inspecting there is a chance of problems, the standard advice is to avoid second hand furniture.
- When buying clothing, especially second hand, it is best to stop by a laundry mat and run them two cycles through the dryer on high heat to treat them.

- Even large prestigious clothing stores like Eddy Bauer, Sacks Fifth Avenue, and Bloomindales have had problems with Bed Bugs. When purchasing clothing and bedding, it is just safest to run it through the dryer to be sure before placing it in your house.
- Avoid holding study groups with people you don't know in your house. Hold them in a public place like a coffee shop or Library.
- Avoid the apartment complexes you know are infested.

- If you are going to a party or event someplace you think may have bed bugs, take an extra set of clothes. When you leave the event stop off and run the clothes you wore through the dryer and put on the spare set. (When drying tennis shoes, put them in a pillow case and it will be easier on them)
- When you travel go to the internet for hints on how to travel on sites like BedBugs.com., follow the hints to protect yourself, like room inspections and sealing your clothes.

- When moving through your day avoid carrying too many large cloth bags and purses. If you minimize you reduce your chances of picking anything up. Keep your back packs and purses up off the floor, perhaps hang them on the back of your chair rather than placing them on the floor.
- The best advice is to keep your eyes open. Check your living quarters often, be a bit more careful about physical contact, and report them as soon as you see them.

Room Inspection

- You will have to inspect your living quarters for the bugs.
- Take your time with this inspection.
- Use a flashlight and wear a pair of rubber gloves for protection.

Where To Look

- Bed Bugs are intrinsically lazy beasts and like to stay close to their food source which is you.
- We start in the bedroom because this is the most likely place to see a large infestation or detect a beginning infestation.
- First the bed, beginning with the head of the bed, look closely at all seams and corners, any tuck in fabric where they could hide.

What it Looks Like



The black spots are the stains from the bugs defecating, looks like a black pen was touched to the cloth



These adult bugs, stains, and babies are on a mattress cover, they have gathered where the cover folded, they like folds and seams.



These are bugs on the seam of a mattress, check every possible fold in all materials, chairs and couches as well.



Bugs on the metal frame
of the bed.

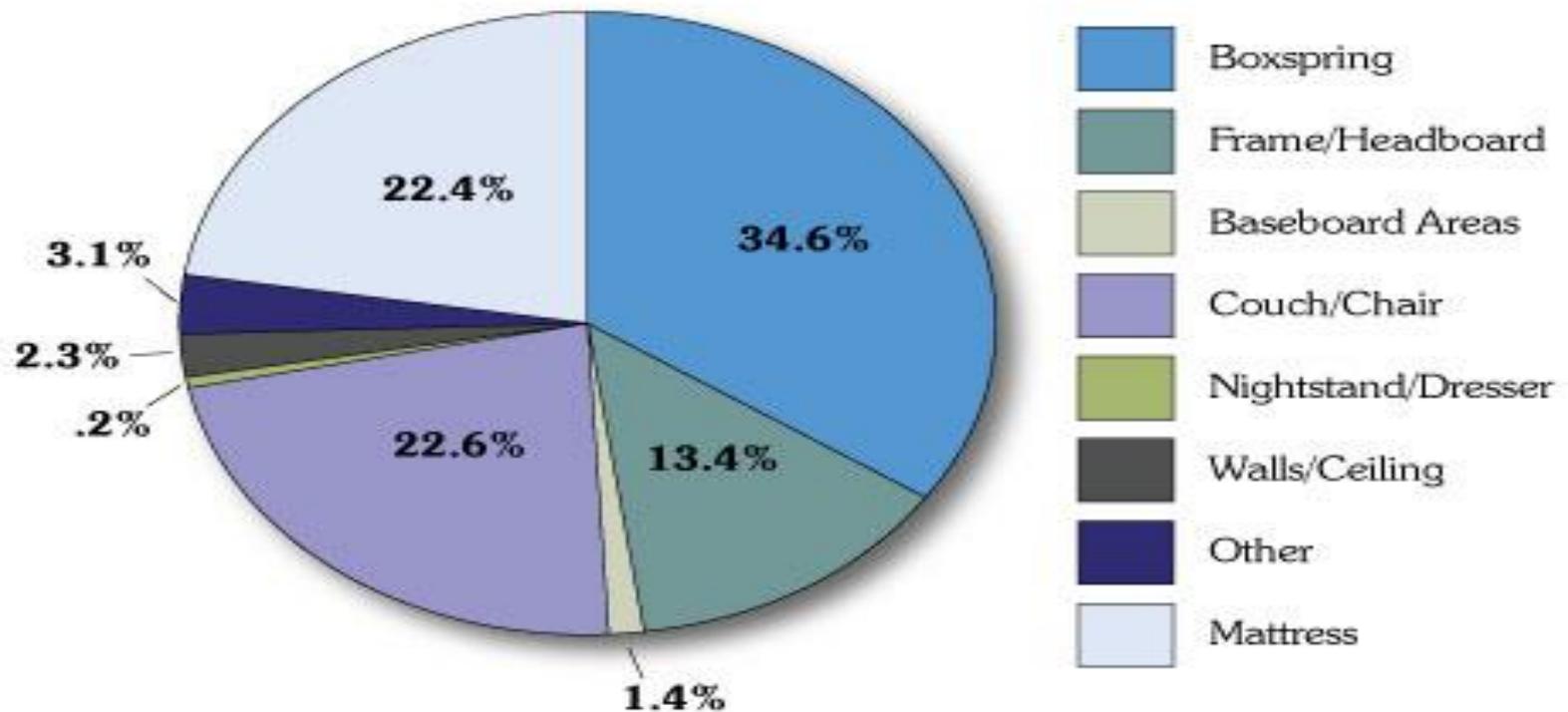


This is a photo of a molding , you will notice the black staining is visible. You will also find bugs here but the staining will be most prevalent .

Expand Your Search

- Just searching your bed will not make sure that you are not infested.
- If you had that certain someone over that lives in an infested area to study, your source may be the couch. They will eventually move to your bedroom, but you want to catch your problem early.
- Check every cloth covered chair and couch.

BED BUG HIDING SPOTS



Distribution of bed bugs found in 13 infested apartments

Source: University of Kentucky



Bugs on the fold of upholstery under a chair or couch.



Bed Bugs on the wooden framing of a chair or couch. The white objects are eggs. Notice that discarded body cases are not a dark color but yellowish. Note the staining is very apparent in all instances.



Bed Bug eggs on the upholstery button on the bottom of a couch.

Conclusion to Inspections

- Remember to check all beds, moldings, frames, chairs, and couches as this is where 94.6 % of bed bugs are found.
- Alert the proper person when you find this situation, get treatment even if you find only one bug.
- If you are not sure what you have, take a sample to some one who does, find out.

Detection Devices

- The two best detection devices that are economical and available are glue boards and climb ups.
- Glue boards are available at Wal-Mart and many other places. Putting these under your couch and bed will help you to find bugs you may not find in other ways. Compare what you find to pictures on BedBugs.com or other bed bug sites. If you think you have bed bugs notify the correct person.

- Climb ups are small dishes that you place under the legs of your bed. They have two chambers. If you find an insect in the outer chamber it is on the floor trying to get on the bed. If you find it in the inner chamber it is on the bed trying to get off. The internal construction of these dishes is very smooth and the Bed Bug can not climb out, they can climb in because the outside is contoured to allow this, but not out. Just type Climb up insect interceptors into your search engine and you will find a number of sites that you can purchase them from.

What Can I Do To Treat My Self

- It is always best to use a professional. These are the hardest insects to get rid of, according to all the literature on the subject. Following is advice that you take at your own risk, I make no claims that this will work for everyone and believe if you can, **a professional is always the best way to go.**
- If you pull back your sheets and you have a huge problem, like the pictures in the inspection section, you can see them running around your bed, you really need professional help.
- If you find one or two and due to issues beyond your control you are going to try to treat yourself, there are several things you can do.

Self Treatment

- Get all bedding, clothing, bags, back packs, towels, couch and chair covers, anything that is cloth, and take it to the laundry mat. You are going to run everything through the dryer twice as heat is the Bed Bug's Achilles heel. You will need large trash bags and duck tape, as you remove your clothing from the dryer seal it in the garbage bags and tape them shut making sure there are no holes so you can protect them.

- Once all of your clothing has been treated, if you have small area rugs it is best to get rid of them unless you can run them through a dryer, and remember to seal them up.
- Don't forget your shoes, they need to be heat treated as well if possible through the dryer.
- Remember anything stored in suit cases needs to be treated as well. The suit cases themselves can be sealed in a garbage bag. Do remember Bed Bugs can live in this bag for up to a year.

- There are a number of sprays on the market, the internet is swamped with them. Be safe since you are spraying this on your bed and then putting your face on it, make sure it is safe for people. You will need to spray everything, and then again in ten days, and I would repeat every seven days or so for like a month until I was sure I did not see any more.
- Mattress covers are advisable, there are a lot of bed bugs covers available. Get a good one. Get one for the box spring as well, cover both.

- Now you want to spray everything and concentrate on the places you inspect, bed, bed frames, moldings, couches, chairs. Spray well, removing cushions and spraying all the nooks and crannies. Turn the furniture over and spray the bottoms, get the frames very well.
- Get the moldings all through the house.
- If you have carpet it is best to pull it back from the edge and spray there, again all through the apartment or house.

- The gestation period is ten days, so you will want to spray again in 10 days. Once a week I believe works better. Bed Bugs will not be affected by the spray unless you get it right on them, so the more frequently you spray in that first week will help you make sure you get them. Again it has to land right on the bug to work so peel back the edges and corners of everything and spray there.
- After this watch your detection devices, they will tell you if you have succeeded or need to continue treating. Glue boards under the bed by the moldings and under the couch will let you know as will the climb ups.

Conclusion

- Be aware of your surroundings when ever you are out and about.
- Check your living quarters regularly and stay on top of issues.
- Be careful when you travel.
- If you treat your self, be safe, really read up on products you choose and make sure you are safe.