

Integrated Pest Information Sheet

Bed Bugs

Basic Information:

Remember when “sleep tight and don’t let the bed bugs bite” was just a cute bedtime expression? Those days are over, in fact infestation has risen **500%** in the last few years alone.

Bed bugs are active during the night and often go undetected for long periods of time. They hide in cracks and crevices during the day and come out at night. Bed bugs consume human blood but have not been shown to transmit any diseases. Bed bugs pierce the skin with an elongated beak through which they withdraw blood. Engorgement takes about three to ten minutes, yet the person seldom knows they are being bitten. Bed bugs can infest your home no matter how clean it may be. Bed Bugs are efficient hitchhikers. Which means it is easy to bring them into your home. You can bring them home by bringing second hand or used furniture into your home, by visiting a friend or relative who may have bed bugs at their house, by traveling and bringing them home in your suitcase, by having a neighbor, relative or friend who may have bed bugs visiting your home.

What to look for:



Bed Bugs have a distinctive “musty, sweetish” odor. Adult Bed bugs are small, 1/4 inch long broadly oval, flat, and brown to reddish brown. They run and hide but they do not fly or jump. Young bed bugs are about the size of a sesame seed. Bed bugs normally hide in bed frame joints, cracks, crevices, inside box springs and mattress seams. They stay as close to their blood meal (you) as they can and hide in small spaces near where you sleep. However, they can be along tack strips’ under edges of rugs, in furniture and even behind pictures and wall sockets. Thoroughly inspect all these areas for the actual bed bug or specks of dried blood paying close attention to folds in the fabric.

What to do when you Find Bed Bugs:

- Contact your site manager (they will provide you with a Preparation Sheet)

Cockroaches

Basic Information:

Household cockroach infestations are ultimately caused by the availability of food and water sources in the home. Cockroaches can be introduced to the home in a couple of ways. First, cockroaches or their eggs can be carried into the home hidden in boxes, bags or any other non-solid item. Just a few cockroaches or eggs can take over your home quickly. Second, they can enter the home from exterior walls.

Sanitation is essential to avoid cockroach infestation. If cockroaches do not have access to food and water in your home, no infestation is likely to take place.

Garbage containers that are not emptied on a regular basis, food and dirty dishes left out on counters, Counter tops not being wiped off, appliances not being wiped off and having dripping or leaking faucets will all contribute to potentially having cockroaches.

Cockroaches will eat almost anything: left over from human food, paper, wood, leather, cigarette butts, toothpaste, coffee grinds, glue, soap, feces, fabric, shoes, paint, human hair, fingernails, just about anything.

Unlike the Bed Bug, Cockroaches have been shown to transport a number of pathogenic bacteria and viruses on their legs and bodies.

What to look for:



Cockroaches like to hide in warm tight cracks and crevices in cabinets and kitchen drawers. Depending on the type of cockroach they can also be around water sources such as pipes and sewers. When looking up, down and under in these areas you may see dead cockroaches and their parts or egg cases. If you see a live cockroach, especially during the day, it means that a good hiding area was disturbed or that all good hiding places are taken and the infestation is severe.

Also, when bringing in bags, cardboard or used furniture in your home always check them for cockroaches.

What to do when you Find Cockroaches:

- Contact your site manager (they will provide you with a Preparation Sheet)