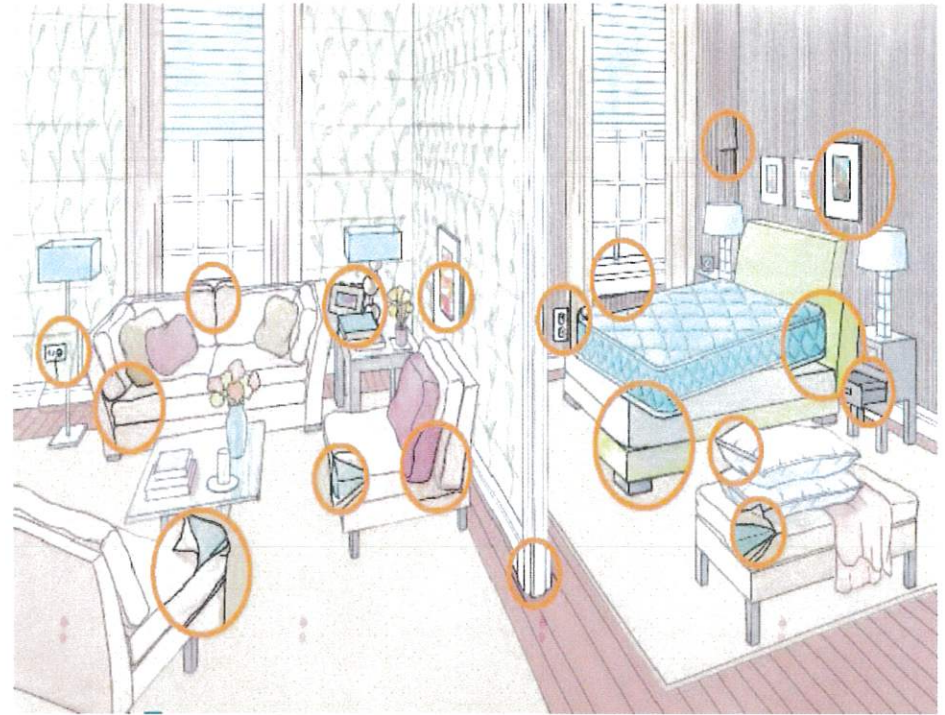




Preventing and Getting Rid of Bed Bugs Safely



**Provided by a collaborative effort of
the following Gila River Indian
Community Departments:**

Health Resources Department

Community Services Department

Department of Community Housing

Department of Environmental Quality

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Furniture Labels	Inside Back Cover

Cut Labels and tape onto discarded furniture:

**Warning
Bedbug Infested**



For Information on Bedbugs Call
Environmental Health Services
(520) 562-5100

**Warning
Bedbug Infested**



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Key Messages About Bed Bugs

- Learn to identify the signs of bed bugs.
- Dirty living conditions do not cause bed bugs but cleaning and removing clutter will help in controlling them
- Anyone can get bed bugs. Seek help immediately if you find them.
- Sealing cracks and small holes will help to reduce hiding places and prevent bed bugs from crawling between adjacent rooms.
- Cooperate with your neighbors, Community Housing, Service Center, and pest management provider. Getting rid of bed bugs needs to involve everyone.
- Do not use pesticide bombs or foggers to control pests. They can make conditions worse and create a fire hazard.
- It is hard, but not impossible to get rid of bed bugs. The advice in this guide will help.

Special Thanks To:

NYC, Dept. of Health & Mental Hygiene

NYC, Dept. of Housing Preservation & Development

For more information:

Health Resources Department: 520-562-5100

Community Services Department: 520-562-4015

Department of Community Housing: 520-796-4550

Department of Environmental Quality: 520-562-2234

www.CDC.gov/parasites/bedbugs

www.epa.gov/bedbugs/

Using This Guide

Bed bug infestations are becoming more common within the Gila River Indian Community. There are steps that can be taken to prevent bed bugs from infesting your home.

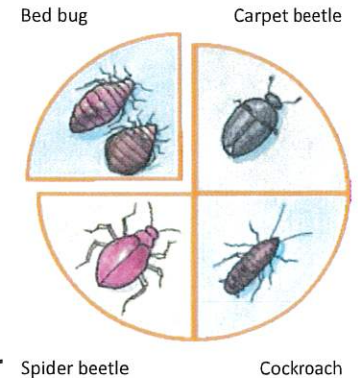
This guide will help you:

1. Learn more about bed bugs and how they thrive.
2. Prevent bed bugs from infesting your home.
3. Safely rid your home of bed bugs if they do occur.
4. Select and work with a pest control professional.

Recognizing a Bed Bug

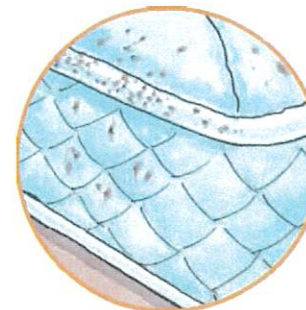
From its appearance

Bed bugs are small insects that feed mainly on human blood. A newly hatched bed bug is semitransparent, light tan in color, and the size of a poppy seed. Adult bed bugs are flat, have rusty red colored oval bodies, and are about the size of an apple seed.



Bed bugs can be easily confused with other small household insects, including carpet beetles, spider beetles and newly hatched cockroaches (nymphs).

From its markings, droppings and eggs



Blood stains, droppings and eggs can be found in several locations including:

- Mattress seams and tufts, sheets, pillow cases and upholstered furniture.
- Crevices and cracks in furniture.
- Baseboards of walls.

Clean and Disinfect

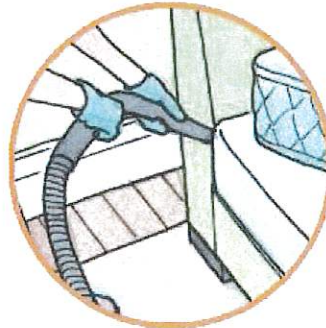
On hard and fabric surfaces, wipe off dead bugs, blood stains, eggs and droppings with hot soapy water.

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. Check all items again before returning.

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 the bag in a trash container outside of your home after each use.

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.



The Health Effects of Bed Bugs

Although bed bugs and their bites are a nuisance, they are not known to spread disease.

- Bed bug bites can be very itchy and irritating. Most welts heal in a few days but in unusual cases, the welt may persist for several weeks. Usually an anti-itching ointment will help, but if bites become infected, people should see their doctor.
- The anxiety about being bitten can lead to sleeplessness, which can affect one's wellbeing. Properly and effectively responding to bed bugs helps to keep anxiety in check.

Some people become so desperate that they use illegal or excessive amounts of pesticides that can lead to poisonings. This guide provides advice on how to get rid of bed bugs safely.

Preventing Bed Bugs from Infesting Your Home

Bed bugs can enter homes by latching onto used furniture, luggage and clothing, and by traveling along connecting pipes and wiring.

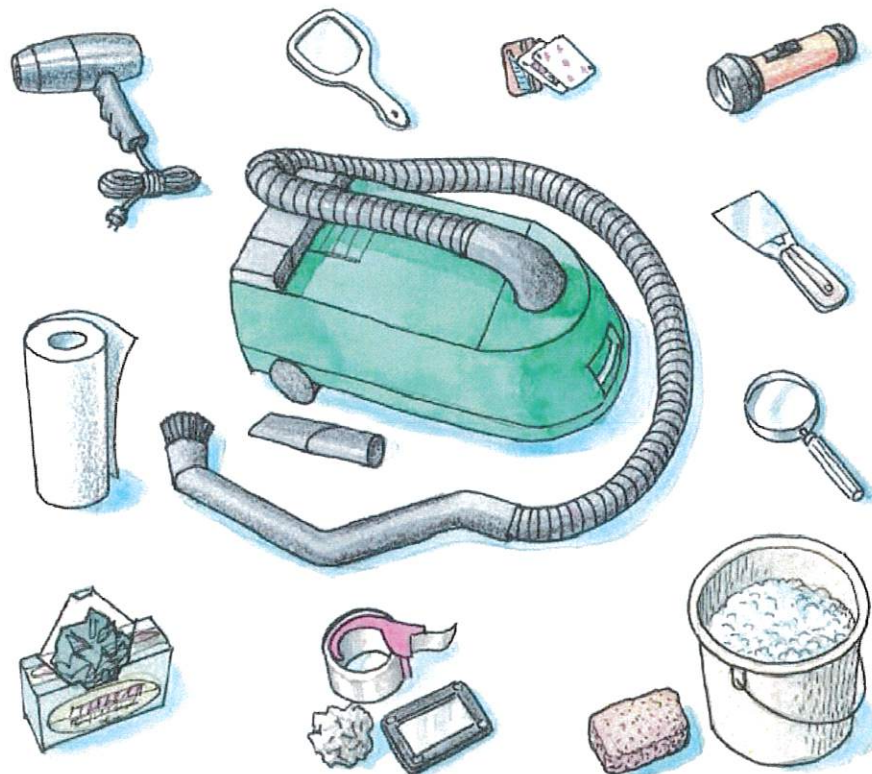
- Never bring bed frames, mattresses, box springs or upholstered furniture found on the street into your home.
- Check all used or rented furniture for bed bugs.
- When traveling, inspect the bed and furniture. Keep suitcases off the floor and bed, and inspect them before you leave.
- If you suspect you have been around bed bugs, immediately wash and dry your clothing on hot settings or store them in a sealed plastic bag until you can.
- Seal cracks and crevices with caulk, even if you don't have bed bugs. This will help prevent bed bugs and other pests from coming in.



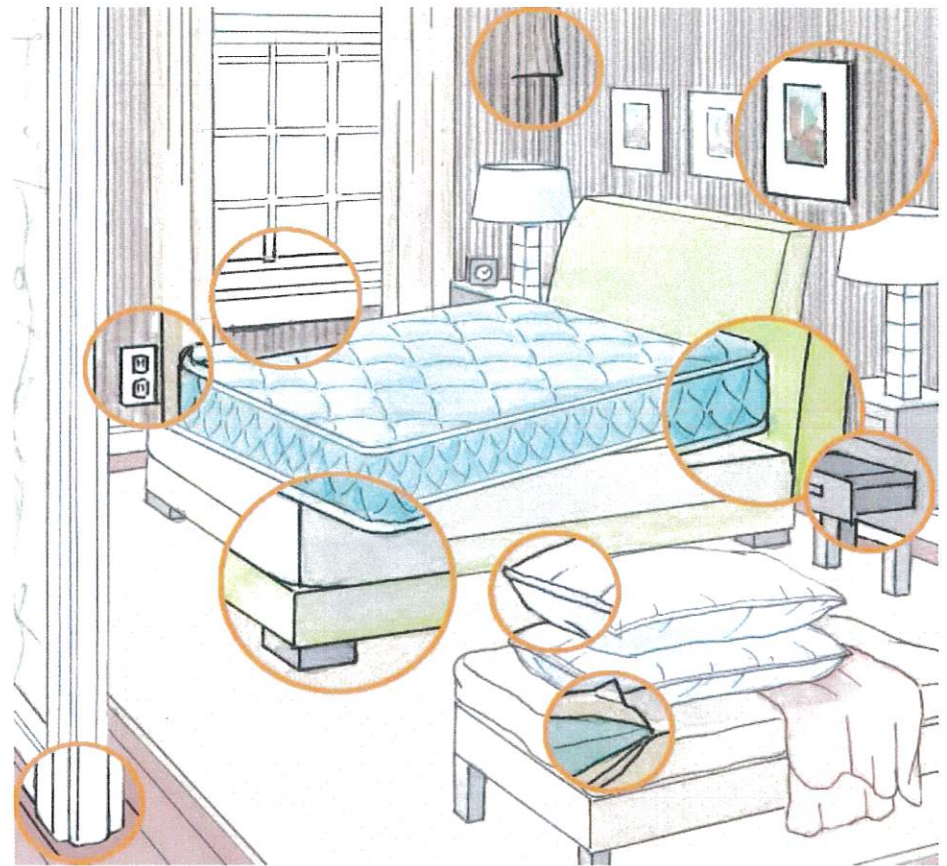
What Can Be Done to Support the Work of a Professional

Everyone should learn how to identify bed bugs and inspect for them. Cleaning and disinfecting will help to reduce bed bugs and their spread but may not get rid of them totally.

Tools You Can Use



- Bright flashlight
- Small mirror, ideally one with a handle, available from hardware stores
- Magnifying glass
- Blow-dryer
- Paper towels
- Vacuum with crevice tool, brush and plenty of vacuum bags
- Putty knife, playing card
- Garbage bags
- Plastic packing tape, cockroach sticky traps or mouse glue boards
- Bucket of soapy water and sponge



- Remove drawers from furniture and check the inside, top and bottom, joints and even screw holes.
- Remove and check zippers, seams and tufts in cushions of upholstered furniture, and their frames.
- **Check walls and wall hangings**
 - Using crevice tools such as a putty knife or playing card; check paintings, posters, pictures and mirrors.
 - Check cracks in plaster and peeling wallpaper.
 - Inspect the face plates of electrical outlets and light switches (by eye only - DO NOT insert anything into areas with wires !). Look in phones, clocks, smoke detectors and toys.

Getting Rid of Bed Bugs

Anyone can get bed bugs however, how you rid your home of them is dependant on a number of criteria:

- Self Help: By following the recommendations outlined in this guide, mild bed bug infestations can certainly be addressed by residents. For moderate or heavy infestations, your involvement will still be required.
 - If you are a tenant of a Department of Community Housing (DCH) unit and require assistance you should contact the DCH Maintenance office to place a work order. DCH will dispatch a licensed professional to assess and assist you in eradicating the pest infestation.
 - If you reside in or own a home on allotted or Tribal land AND are over the age of 55 or are disabled, assistance may be available through your respective Service Center, other criteria may apply.
- If none of the above qualifications apply to you, and you are unable to address the bed bug infestation yourself, hiring a pest control professional would be your next step.
- In all cases, Environmental Health Services is available to provide assessments, education, and recommendations to assist you.

To choose a good professional...

- Find a company through dependable referrals, directories, or professional associations and check to make sure they are licensed with GRIC's Department of Environmental Quality, Pesticide Office: 520-562-2234.
 - Interview several companies before choosing. Ask about their training, and their approach to controlling bed bugs. Make sure they follow the procedures described in this guide.

- Agree on a service plan and its cost. Expect at least two treatment visits and a third follow-up visit to confirm that bed bugs have been eliminated. Severe infestations or cluttered homes may take more visits to eliminate bed bugs.

A good company will...

- Inspect your residence before giving you a price quote or begin any pesticide application.
- Give you a written inspection report AND an action plan of how to prepare for treatment and prevent further infestation.
- Base quotes on inspection findings, not flat fees. The cheapest services are rarely the best.
- Visit often until the job is done.
- Employ qualified, well trained pest management professionals.
- Educate you on how to prevent bed bugs.
- Work with you until the bed bugs are gone.
- Treat you with respect.

About the Use of Pesticides

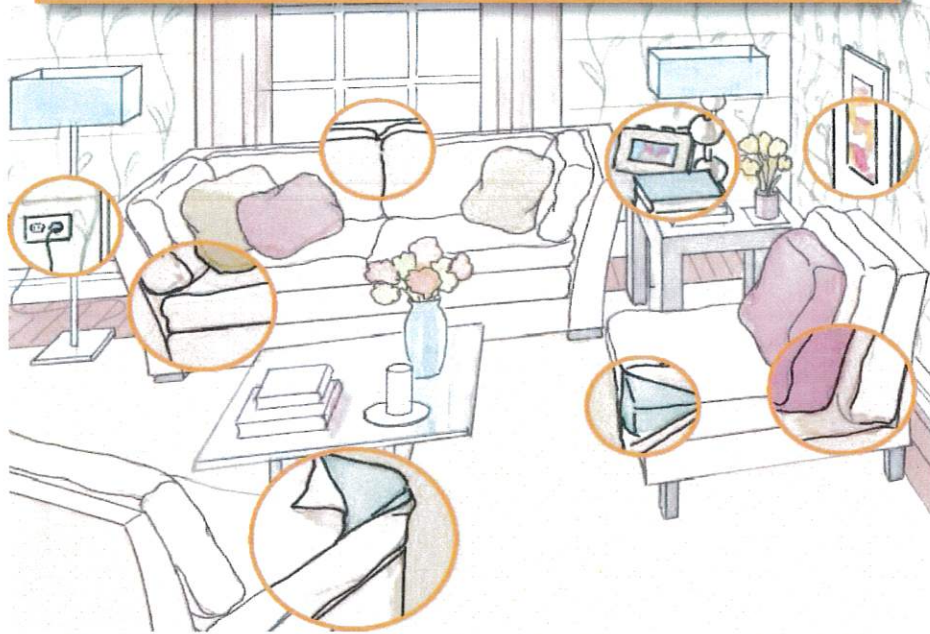
Bed bug infestations usually require the use of pesticides. Only professionals should apply pesticides for bed bugs. Foggers and bug bombs are not effective against them. They are also a fire hazard.

Ask the professional to:

- Use the least-toxic pesticide labeled for bed bugs that will be effective.
- Follow all instructions and warnings on product labels.
- Tell you when it's safe to re-enter a treated room.
- Never spray the top of mattresses or sofas, and if needed, to use only small amounts of pesticides on their seams only.

Inspecting for Bed Bugs

Look for bed bugs, blood stains, droppings and eggs (a flashlight and a magnifying glass will help). Start by looking in an area 10-20 feet around where you sleep or sit. That's the distance a bed bug will usually travel. Keep a written record of every room and location where you find signs of bed bugs. Share this record with a pest control professional.

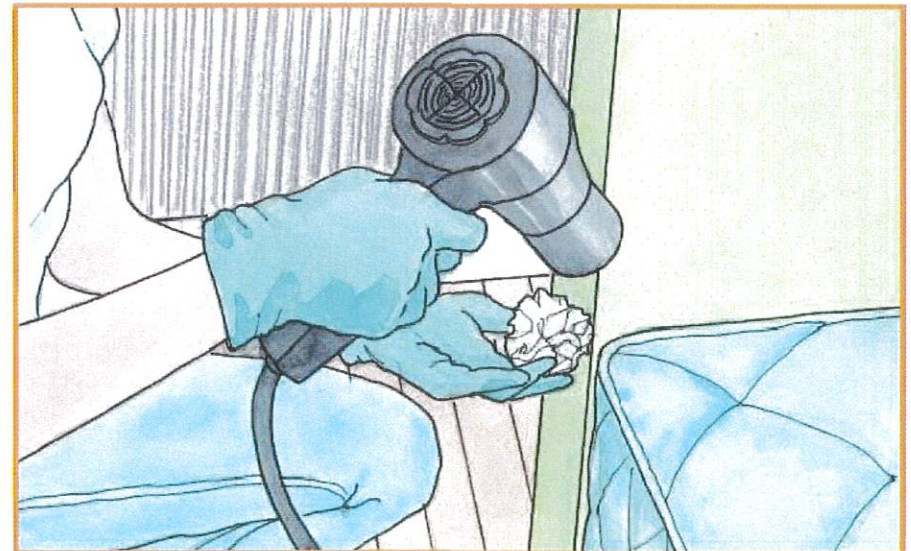
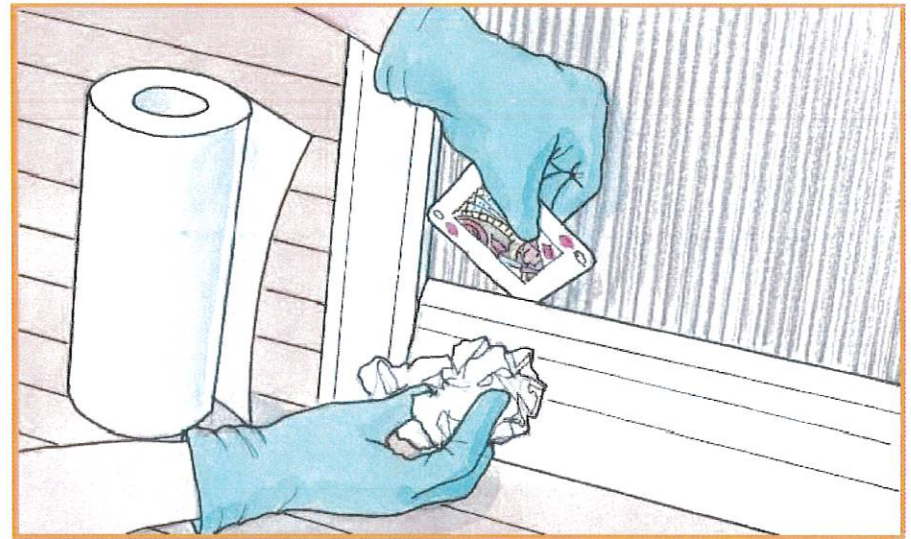


- **Check mattresses, box springs, bed frames and bedding.**
 - Check the top and bottom seams, tufts and any rips in the covers of mattresses and box springs
 - Look underneath the bed and along the bed frame and headboards.
- **Check cracks and crevices in bedroom furniture, floor boards and baseboards, windows and door frames.**
 - Use a flashlight to inspect cracks and crevices of furniture, windows and door frames.
 - Swipe a putty knife or playing card into cracks and crevices to force bed bugs out. A hairdryer on a low setting will also work. If bugs do come out, crush them with a paper towel and throw them away in a trash container.

Trap and Kill Bed Bugs

Force bed bugs out of cracks and crevices with a putty knife or playing card, or with hot air from a hairdryer on low setting.

Catch them with sticky packing tape or crush them in paper towels. The heat from hairdryers will kill bed bugs after 30 seconds of continuous contact.



From it's Bite

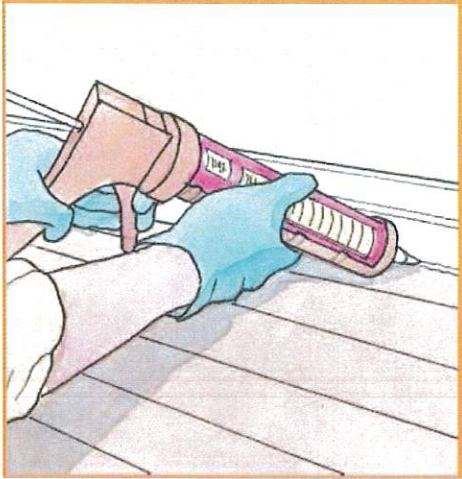
Some people do not react to bed bug bites. But for those who do, bite marks may appear within minutes or days, usually where skin is exposed during sleep. They can be small bumps or large itchy welts. The welts usually go away after a few days. Because the bites may resemble mosquito and other insect bites, a bump or welt alone does not mean there are bed bugs.



Seal Cracks and Crevices

Repair cracks in plaster, repair or remove any loose wallpaper and tighten light switch covers.

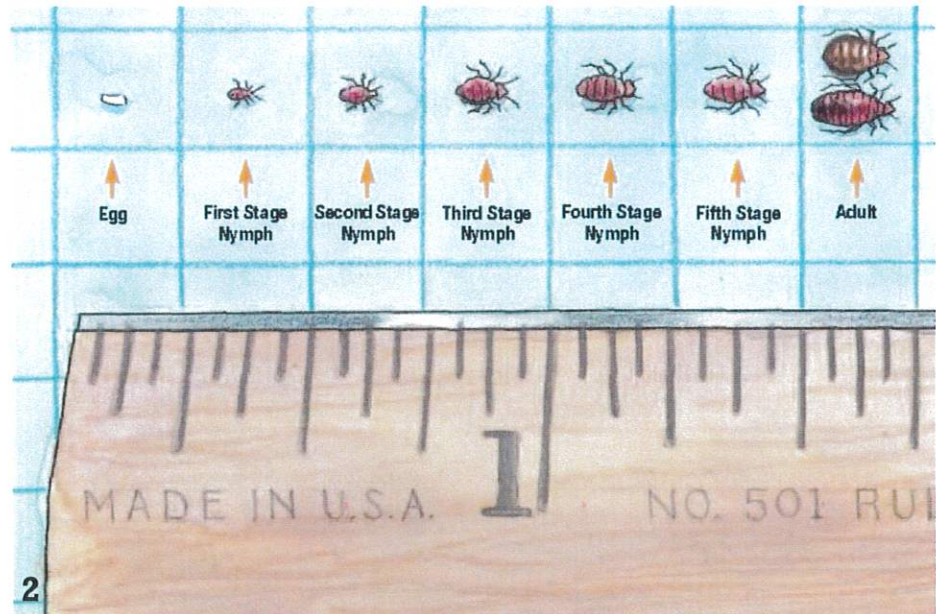
Apply caulk to seal crevices and joints in baseboards and gaps on shelving or cabinets.



How Bed Bugs Grow and Reproduce

Bed bugs are most active when we sleep. They crawl onto exposed skin, inject a mild anesthetic and suck up a small amount of blood. Most people never feel the actual bite.

Bed bugs need a blood meal to grow and lay eggs. A female lays 57 eggs per week and if fed, will lay 200-500 eggs in her life. Eggs take about 10 days to hatch. Bed bugs are fully grown in 2 to 4 months and can live as long as a year.



Getting Rid of Infested Items

Usually, it is not necessary to get rid of furniture or bedding at the first signs of bed bugs. Cleaning and enclosing mattresses with especially designed covers is often adequate.

Box springs should only be discarded if they cannot be enclosed and are heavily infested.

Use plastic sheeting (shrink/pallet wrap) or place securely in sealed plastic bags any items to be thrown away. Label with a sign that says

"INFESTED WITH BED BUGS"





Bed Bug Action Plan for Schools

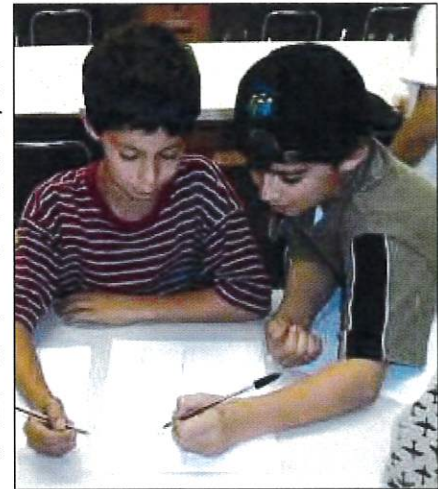
Dini M. Miller, Ph.D., Department of Entomology, Virginia Tech

Introduction

Bed bug infestations are continuing to spread through single-family and multi-unit homes. This means that more people are living with bed bugs than ever before. When more people live with bed bugs the possibility of people transporting bed bugs to other locations increases. Children living with bed bugs at home will bring bed bugs to school. We need to accept the fact that bed bugs have the potential to be transported to school every day that school is in session. Thus, there is a great probability any particular school will experience multiple bed bug introductions every year.

In 2010, several US schools dealt with their bed bug introductions very publically. Schools were closed when administrators, teachers, and parents reacted out of panic. In one case school administrators, acting in haste, hired an inexperienced pest management company who contaminated the school building by applying a pesticide that was inappropriate (illegal) for use indoors. This, of course, resulted in a media frenzy.

Luckily, bed bugs are becoming so common that dealing with them in the future should become somewhat routine (and of no interest to the media). However, in order to get everyone (students, parents, faculty and staff) accustomed to dealing with bed bug introductions (and /or infestations) it is important to have a plan of action for dealing with bed bugs. **The first and most important step of any bed bug management plan is to remain calm.** Dealing with bed bugs is a tedious process, and having a systematic and logical plan of action is really the best way to deal with this pest.



Select an Experienced Pest Management Company Before You Have Bed Bugs

Your school district may already have a contract with a licensed and certified pest management company. However, that company may have little or no experience in dealing with bed bugs. Find out immediately. Call and ask the manager, not your technician or salesman, about the company's bed bug experience. How many bed bug jobs did they do last year? Are they familiar with integrated pest management? Do they have a printed copy of their treatment protocol? What products do they use, both chemical and non-chemical? What is their protocol for follow-up treatments? Ask them to provide you with bed bug references. If your current company does not have the expertise you need (and you need expertise) start investigating others. Find a good company by inquiring about those items listed above and call that company when the bed bugs show up. The price of a good bed bug company will most likely be higher than you have ever paid for your routine pest control. But keep in mind that time = money in bed bug control. You want your company to take the time they need to get the job done, or you risk not being satisfied with the results. Finding an expert bed bug company may take several days of investigation. You do not want to start your investigation after the bed bugs arrive. **Start looking for a bed bug control company today with the goal of having one company or maybe even two (if the first is not immediately available when you need them) identified by the end of the month.**

Bed Bug Identification Training for all Administrators, Faculty and Staff



There is no way to stop bed bugs from being brought into a school. Students arrive every day bringing their potentially infested belongings with them. The school can be bed bug free one day and have bed bugs brought in the next. So bed bug prevention for schools is really early detection. Bed bugs must be detected very quickly to stop an infestation from developing, or before they bite someone.

Once you have selected your expert bed bug company, have them present a bed bug identification program to your employees. All employees need to know what live bed bugs look like (all life stages), so they can recognize a bed bug when they see one. Why everyone? Employees are located all over the school and if all eyes are looking for bed bugs, there is greater chance that they will be discovered quickly. Keep in mind that students are not the only people capable of bringing bed bugs to school. Employees can as well.

Alert Parents to the National Bed Bug Problem

People hate to be surprised. You can go a long way to stem any potential bed bug hysteria by warning parents ahead of time that bed bugs sometimes show up in schools. At the beginning of the school year, provide parents with a bed bug awareness brochure (your expert bed bug company can help you with the information). Let parents know that your school recognizes there is a national bed bug resurgence and that your district has a bed bug action plan. Let parents know what the procedure will be if an infestation, not just a single bug on a kid's sweater, is found. Let them know that the school will not close for bed bugs. Also, provide pictures of bed bugs in the brochure so parents can recognize bed bugs in their own home. It may also be helpful to provide parents with information on how to prepare their child's belongings to come to school if they already know they have an infestation at home (bagging, inspection before they leave the home, use of a hot dryer).

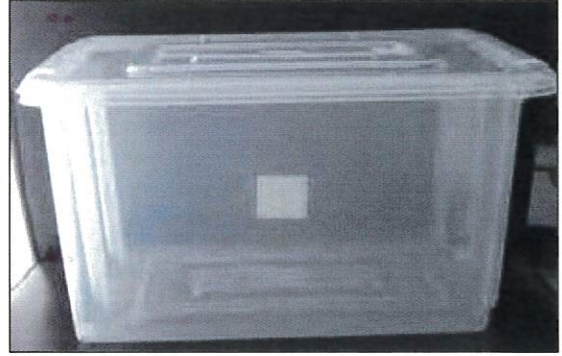
Bed Bug Prevention Methods

Clutter Removal. Clutter is the bed bug's best friend. With many places to hide, a bed bug population is practically guaranteed some survivors even after the most aggressive treatment. Unfortunately, some of the nation's finest school teachers have reputations for being pack rats. Quite often classrooms are loaded with stacks of papers and teaching aids that have not been used for years. With bed bugs spreading across the nation, **it is time to clean house**. If clutter is a problem at your school, next school break make it a priority to reduce unused items (anything that has not moved in the last two years) by at least half. Take into consideration that if an infestation does occur, all items may have to go anyway. So the best way to save the most precious items in the future is to eliminate potential bed bug harborage today.

Limit the Items Being Brought to School. Several recent pediatric studies have focused on the physical effects of children carrying heavy backpacks full of school supplies to and from school. Repeatedly transporting items between school and home also increases the possibility of students carrying bed bugs to school. Limiting the number of items that have to be transported back and forth would go a long way to reduce the chances of bed bugs being brought in. Are there items that students could bring to school and leave at school until the end of the school year? Are there school items that students could take home and leave at home until the end of the year? Keep in mind these items can be heat treated at the end of the year. (see page 4)

Containing Bed Bug Introductions. Although there is really no way of preventing bed bugs from being brought into school, there is the possibility of containing them once they get there. Clear plastic storage containers, like the one shown in the photograph, can be used to store backpacks, lunch containers, coats and other cold weather gear while the student is in the classroom. Labeled containers eliminate the problem of students' possessions contacting

each other in coatrooms or other storage areas where bed bugs might climb from one item onto another. The smooth interior of the container is also difficult for the bed bugs to climb so wandering bed bugs are likely to fall into the bottom of the container. When the students leave for the day, the containers should be visually inspected for any signs of bed bugs. If a bed bug is found in a container, the source of a potential infestation will be known, and the parents should be alerted to the problem. If the parents are already aware of the bed bugs, the parents and the school can work together to make sure that the student's possessions are treated in the school dryer every day before class.



Canine Scent Detection. Another proactive approach to bed bug detection is to have your school inspected at regular intervals by a bed bug sniffing dog. While some dogs (and their handlers) are better than others, any dog that has been trained correctly is far better at detecting bed bugs than a human. The dogs that have been trained to detect bed bugs are specifically trained to detect only live bed bugs (they do not respond to dead infestations) and even single bed bug eggs. One advantage to having a school inspected by a dog is that a bed bug dog can check rooms very quickly. Where it might take two pest management professionals several hours to thoroughly inspect a classroom, a dog could complete the inspection in about 5 minutes. Dogs are particularly useful for inspecting hundreds of school lockers, and multiple employee areas. Keep in mind that most dogs are not 100% accurate (but usually above 90% accurate), so the dog handler must also be well trained. The handler is responsible for confirming bed bug presence when the dog gives a positive signal. There are some charlatans out there with dogs that give false positives. So make sure you hire a certified handler and be present the day of the inspection. The handler should show you live bed bugs when the dog gives a positive signal. Never pay for a chemical treatment unless you have been shown live bed bugs.

Develop a Code of Practice (Policy, Procedure, Methodology) for when a Bed Bug is Found

It will be critical to decide how to respond to a single bed bug found on a child's clothing versus how to respond to one or more bed bugs loose in a classroom. The infested classroom will require professional treatment and quite possibly, parent notification of the infestation. A single bed bug on a child will require discretion. Have a written code of practice in place for both situations. Communicate this code of practice to all faculty and staff.

If a Bed Bug is found in a Classroom or Elsewhere in the Building

If there is an infestation in the building, you may want to alert the parents of children inhabiting the infested room that bed bugs have been found. This is so they can inspect their child's belonging before bringing them into their home. Let parents know the treatment protocol for the affected classroom, and where the children will meet for class the next day. With regard to the infested room:

- **Identify with a sign the exact location where the bed bugs were found, and isolate that location.**
- **Call the pest management company immediately (no need to leave the room unless the infested area cannot be avoided; no need to panic).**
- **Capture at least one bed bug and save it in a plastic bag for positive identification. Crush all others.**
- **If your pest control company confirms the infestation by identifying your captured specimens, or by inspecting and finding additional bugs, they should provide you with instructions on how to prepare the classroom for treatment. Follow all instructions to the letter (these may include vacuuming, clutter removal, etc.) so that the company can begin their treatment protocol.**

Potential Treatment Methods

- Clutter removal
- Bed bug detection devices
- Steam
- Vacuuming
- Desiccant dusts (e.g. diatomaceous earth)
- Pressurized CO₂ snow
- Localized insecticide applications

- **The pest management company will advise you as to how long after any insecticide application the insecticide label requires that the classrooms remain empty.**
- **See the list of potential treatment methods above. For a complete explanation of each method, see fact sheets titled Non-Chemical Bed Bug Management and Bed Bug Treatment Using Insecticides.**

If a Bed Bug is Found on a Child

In most cases bed bugs will be brought to school on a child's clothing, backpack or other belongings. Luckily, these types of introductions rarely require that the school be treated, or that parents (other than the child's) be notified. There is also no need to send the child home. In this particular case discretion is critical for preventing bed bug hysteria. Luckily, heat is an excellent bed bug killer, and nothing is more effective for killing all bed bug life stages than a hot clothes dryer. The student's clothes can be tumbled in the dryer on high for 30 minutes (you will need temporary clothing available for the child during this process). A dryer with a removable shelf is excellent for heating items that cannot be tumbled, like backpacks and school supplies. It is highly recommended that schools purchase a clothes dryer (nothing more than a dryer you would purchase for your home use) for the purpose of dealing with bed bugs. If bed bugs become a common occurrence in your school, the dryer will pay for itself by keeping up school attendance and reducing the need for pesticide applications.

When a bed bug is found on a child:

- **The nurse of some other predetermined person should be called to escort the child and their belongings to the dryer area.**
- **Have the child change into temporary clothing and place all of their clothes (including shoes) in the dryer set on high for 30 minutes.**
- **After the clothes are heat treated, have the child change back into their clothes and return to class.**
- **Heat the rest of their belongings and the temporary clothes on high for 30 minutes. Use the dryer shelf if their belongings cannot be tumbled.**



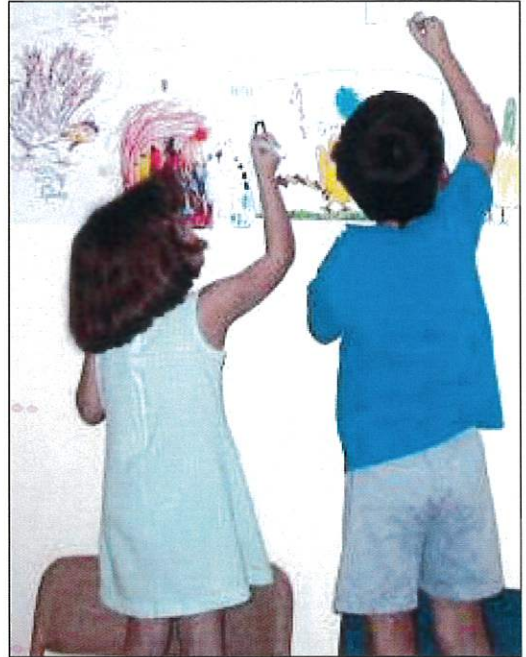
Heat Treatment for Bed Bugs

Heating systems are now used by some pest management companies, and these systems are available for purchase by school districts. The most widely available heating system consists of large industrial heaters, multiple high volume fans, temperature sensors and a software package for monitoring the ambient temperatures at the sensors. These systems are used for treating entire rooms. The room is treated by raising the ambient temperature to ~135°F. This temperature will not damage items in the classroom (including computers) but the heated air will be pushed by the fans into cracks and crevices where bed bugs hide. The systems kill the bed bugs by heating them to their thermal death point (114-118°F). Heat can also be used to kill bed bugs in a sealed storage chamber. The infested items (books, furniture, electronics, etc.) are placed inside the chamber and heated to the bed bugs' thermal death point.

Unlike chemical fumigation, heat does not have to be applied by a certified pest management professional because it does not involve pesticide use and is non-toxic. Heat chamber and whole-room heater packages can be purchased by the school division and applied by trained employees in their buildings. While the cost of purchase is relatively high (>\$60,000), an entire Department of Education region might be able to purchase a system and have specific employees trained to transport and apply the heat system in different schools. Note: While heat treatment is usually 100% effective, building construction features sometimes create heat sinks that provide refuge for bed bugs. So it is sometimes necessary that the heat treatment be supplemented with a single insecticide application to harborage locations.

Summary

Although bed bugs have the potential to be brought to school every day, remain calm. A single introduction does not mean the building is infested. Let parents know you have a bed bug action plan that includes bed bug prevention (reduced clutter, individual storage containers, or even periodic canine inspections), training for employees, and the hiring of an expert pest management company. Have a code of practice regarding how to address infestations in a class room (rapid professional treatment), versus a bed bug found on a student (discretion and a clothes dryer). **Unless you are a trained state-certified pest management professional, never attempt to use any insecticide for bed bug or any other pest control in a school building.**



Bedbugs

Bedbugs bite you and feed on your blood. You may have no reaction to the bites, or you may have small marks or itching. Severe allergic reactions are rare. Bedbugs don't transmit or spread diseases.

Adult bedbugs are brown, 1/4 to 3/8 inch long, and have a flat, oval-shaped body. Young bedbugs (called nymphs) are smaller and lighter in color. Bedbugs hide in a variety of places around the bed. They might also hide in the seams of chairs and couches, between cushions, and in the folds of curtains. They come out to feed about every five to ten days. But they can survive over a year without feeding.

To prevent bedbugs in your home:

Check secondhand furniture for any signs of bedbugs before bringing it home.

Use a protective cover that encases mattresses and box springs. Check it regularly for holes.

Reduce clutter in your home so they have fewer places to hide.

Unpack directly into your washing machine after a trip and check your luggage carefully. When staying in hotels, put your suitcases on luggage racks instead of the floor. Check the mattress and headboard for signs of bedbugs.

To get rid of bedbugs:

Wash and dry bedding and clothing at high temperature

Use mattress, box spring, and pillow encasements to trap bedbugs and help detect infestations.

Use Pesticides if needed .Ensure they are made to kill Bedbugs

