

Housing Rights, Inc.

Mt. Diablo Housing Opportunity Center

P.O. Box 12895
Berkeley, CA 94712
Phone: 510-548-8776
Fax: 510-548-5805
E-mail: hri@housingrights.com
www.housingrights.org

2600 Monument Blvd. #H
Concord, CA 94720
Phone: 1866-469-0133
E-mail: info@mtdhoc.org
www.mtdhoc.org

Bed Bug Clean-Up

Housing Rights, Inc.



Bedbugs can be found anywhere. A fancy hotel, a homeless shelter, or your home!

They are very hard to get rid of. You have to act fast if you find them.

Look inside for detailed information and what to look for and the steps to take to get rid of them.

Useful information on how to get rid of bedbugs

2009

Bedbugs live on your blood and come out mostly at night. You will find them first near your bed. As they

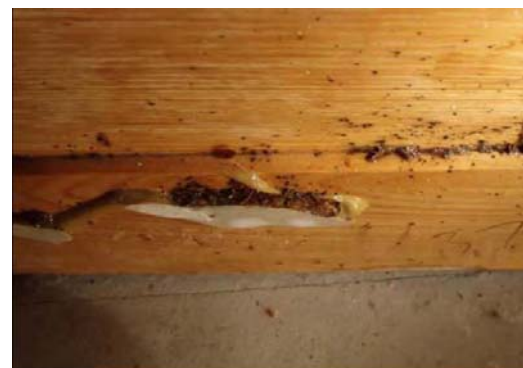


increase in number (unless you try to stop them) they will move throughout your home. Look for these signs:

Bedbug stains near an air duct mean that the bugs may be moving between apartments. Bedbug can travel through walls on pipes and electrical wires (see blow)



Bedbug eggs and stains along the edge of the carpet. They can also borrough into the wood of furniture (cribs, bedsprings, see below)



Bedbugs can live 12 months or more without eating! If you try to keep your mattresses or other items, like clothes or bedding, you may need to keep them in a plastic container or a plaster cover for that amount of time.



Bedbugs on a mattress.



Bed bugs can hide in crevices, cracks and holes in furniture, waiting until you sleep! This adult bed bug is waiting to feed on blood. Adult bed bugs are very flat and fit into crevices as thin as a credit card before they feed. Nymphs (teenagers) are even thinner. Once fed, they are longer and plump until they begin to digest the blood meal.



Housing Rights, Inc.

Do you have bed bugs? (make sure it IS bedbugs and not some other insect), and then:

- **Notify your landlord as soon as possible.** You will NOT be able to get rid of the bedbugs alone. And the sooner you start the better. Many landlords understand that bedbugs are a shared problem and will be glad to help. If not, contact an organization like Housing Rights, Inc. for help
- **Look for signs of bedbugs in your furniture, mattresses, floors, walls and clothes.** (see pictures on other page)
- **Put everything you can into a clothes dryer** on medium to hot for at least 10 to 20 minutes This includes clothing, sheets, pillows, blankets, stuffed animals, backpacks, shoes, etc. You don't have to wash them first. Store in sealed plastic bags. We recommend clear or white bags so you can see the bugs more easily if they come back.
- **Encase mattresses and box springs in special bags** made for allergy relief. Inspect regularly for bed bugs or for holes & tears. You may have to throw away infested mattresses and upholstered furniture. Do not put them where other people might pick them up and take them home. Mark them or cut the fabric covers.
- If you are not able to bet special covers you can use plastic mattress covers. See the zippers with heavy tape.
- **Clear away all clutter** to make inspecting for bed bugs easier and to give them fewer places to hide. Do not throw items away where other people can get them. Put steamed or washed items away in clear plastic containers (so you can see any remaining bedbugs!)
- **Use a dry steam cleaner** to clean furniture, and cracks in walls floors. Vacuuming, alone, may not work. Scrub infested surfaces with soapy water and a scrub brush. Put water down toilet. Use a plastic card to check out all cracks in furniture, walls and floor for bedbugs.
- **Clean again.**
- **And again.**
- **Be Vigilant!** *Inspect all used furniture, especially beds and couches, that you bring to your home.*
- **Periodically inspect your bed and mattress.** *You can be re-infested at anytime.*
- **Sometimes the bedbugs are in the carpet and the walls (sheetrock and/or wood).** *You will need the help of the landlord to take care of this problem. Asked the Landlord to enlist the services of a pest control firm experienced in combating bed bugs. Ask for references. The actions below should be taken in conjunction with the pest control company.*
- **AND FINALLY:** your landlord and your neighbors must help to keep bedbugs from spreading!



Steam cleaning to kill bedbugs!



Tools for finding bedbugs in cracks

COMMUNITY EFFORTS:

Bedbugs may spread quickly from apartment to apartment, bed to bed. Whole buildings (Shelters, Hotels, Apartment building) by need cleaning at once. Some of the ways that communities can help are:

- Renting dumpsters that are used for bedbug contaminated furniture and other belongings and are secured so that no one will take the furniture, etc. from the dumpster and take it to their home.
- Freezer trucks that can be used to freeze (kill) the bedbugs from other items like books and clothes and so those items can be used again.
- Use of pesticides. Most pesticides available to the public will not kill bedbugs. The pesticides that can kill bedbugs are very strong and should be used carefully. It is more cost efficient to have a whole building sprayed if possible.
- Assistance for the families who may lose all their households belongings.
- Education for the families on how to protect themselves from bedbugs in the future.