

BED BUG RESOURCE MANUAL

GENERAL INFORMATION



COMMUNITY SUPPORT AND RESEARCH UNIT
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INTRODUCTION

Bed bugs are a growing concern in Toronto and in other major cities in North America and Europe. The reasons for the resurgence of bed bugs are unknown, although some reports have cited increasing world travel, reluctance to use insecticides because of concerns regarding toxicity, and insecticide resistance (Hwang et al., 2005) as possible causes. Bed bugs are present in shelters, hostels, residences, hotels, and even on our public transportation systems. Many not-for-profit agencies are also seeing the rise of bed bug infestations in their buildings. Unfortunately, as a result, many people are regularly dealing with bed bugs in their homes and communities.

This manual contains information about how to identify bed bugs, explains what integrated pest management means, and offers tips for reducing the risks associated with bed bugs. Appendices include resources to help to understand, prevent, and treat exposure to bed bugs.

HOW TO IDENTIFY BED BUGS

What Are Bed Bugs?



Pestcontrolcanada.com



Licesquad.com



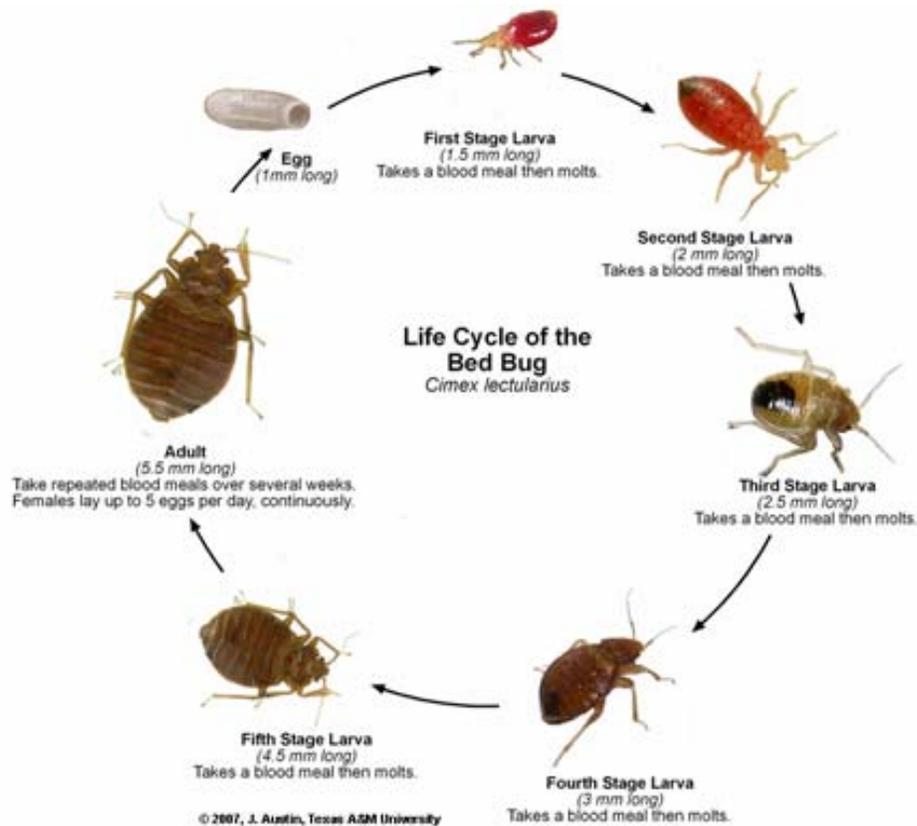
Licesquad.com



University of Toronto, 2007

Bed Bugs:

- ✓ are small wingless insects that feed on blood
- ✓ have broad, flat and oval shaped bodies and short, broad heads
- ✓ range in color from nearly white (just after molting) or a light tan to a deep brown or burnt orange. The host's blood may appear as a dark red or black mass within the bug's body
- ✓ are also known as wall louse, house bug, mahogany flat, red coat, and crimson ramblers among others
- ✓ go through a distinctive life cycle and may change in appearance throughout



Who Do Bed Bugs Target?

- ✓ Bed bugs feed solely on the blood of warm-blooded animals
- ✓ One type – *Cimex lectularius* – feed on humans

Where Can Bed Bugs Be Found?

- ✓ Although bed bugs cannot fly or jump, they can enter into extremely small locations in the home because of their flattened bodies
- ✓ Bed Bugs and/or their eggs can typically be found in the following areas:
 - Folds and creases in bed linens
 - Seams and tufts of mattresses and box springs
 - Pleats of curtains
 - Beneath loose areas of wallpaper near the bed
 - Corners of desks and dressers
 - Within spaces of wicker furniture
 - Behind cove molding or other wooden structures
 - In laundry or other items on the floor or around the room



Getridofthings.com



Pest-control-services.org

- ✓ Presence of any of the following may be indicative of bed bugs:
 - Blood stains from crushed bugs or by blood (sometimes dark) spots of their droppings on sheets and mattresses, bed clothes, and walls
 - Black or brown spots of dried blood excrement on the surfaces where the bugs rest
 - Eggs, egg shells, and cast skins near heavily used hiding places
 - A sweet or coriander-like odor where bedbugs are numerous



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When Do Bed Bugs Come Out?

- ✓ Bed bugs are mainly active at night and typically feed when people are asleep, but they can emerge and feed and/or travel in the daytime
- ✓ When disturbed, bed bugs actively seek shelter in dark cracks and crevices

IMPACT

Historically, bed bugs have been viewed as a problem for disadvantaged populations living in low income properties. As a result, many people are significantly affected by the shame and social stigma of having a bed bug infestation in their home and may be reluctant to reveal this to others. It is important, however, for all of us to understand that bed bugs are becoming an increasing concern in urban cities across North America and that we are all vulnerable to encountering them in our daily lives. In fact, in the past few years, bed bugs have been found on public transit, in movie theatres, school dormitories, and in office buildings. There have even been rumours of expensive

hotels (quietly) retaining extermination services to respond to the influx of bed bug infestations in their rooms.

The presence of bed bugs does NOT indicate a lack of cleanliness and they do not discriminate in their choice of dwelling. However, bed bugs do tend to be more rampant in densely populated areas, like multi-tenant complexes and apartment buildings. Unfortunately, people living in these types of accommodations are particularly at risk because bed bugs can travel between units and can be contracted from tenant common areas.

Once found, bed bugs are hard to eradicate and can take considerable time and financial resources to adequately combat infestations. This places people with limited income at a disadvantage. In addition to the financial burden, the mental health impact and physical health consequences can be severe and include:

- ✓ Sleep deprivation, fear, and anxiety
- ✓ Visible bites in a curved or straight line on the skin; bites may not appear immediately; they may take a few days to cause a mild reaction (red spots to moderate-size welts)
- ✓ Allergic reactions including swelling, itchy welts and, in some cases, infections



Getridofthings.com



Texas A&M University



Badbedbugs.com



Fleabite.org

PREVENTION

As bed bugs are now a more common occurrence in Toronto, it is important to be aware of detection, prevention and risk reduction techniques. Here are some general guidelines:

- Second-hand clothing should be washed in hot water (140 F) and dried in a hot dryer for at least 20 minutes;
- Furniture from the street should not be brought indoors;
- If visiting a place where bed bug activity is suspected, clothing should be changed as soon as possible after leaving, and the potentially infested

clothing should be placed in a plastic bag until it can be laundered and dried in a hot dryer for at least 20 minutes;

- When moving in to a new home, you should launder your clothing and bedding and get furniture treated or disposed of if there is any potential transmission of bed bugs from the old unit to the new;
- Complete regular laundering of clothing and bedding. Wash clothing in hot water and place in a dryer with a minimum of 20 minutes of heat exposure to help eradicate bed bugs and their eggs;
- Consider investing in a metal bed frame, vinyl mattress and box spring cover to help eliminate the spread of bed bugs. If you have a wooden bed frame and cannot afford to replace this with a metal bed frame, you can apply a one-inch band of petroleum jelly around each leg of the bed, and then place in a clean, polished metal can, such as a soup can;
- Maintain a clean apartment, this may include developing a personal maintenance plan with the help of your clinician if you have one (see [Appendix F](#) for sample housing and spraying plans);
- Reduce clutter;
- Vacuum frequently;
- Tuck in sheets and blankets so that they are not touching the floor or other areas where bed bugs can be exposed to human contact;
- Seal pillows and mattresses with plastic covers. If you are not able to purchase plastic covers then inspect the mattress for holes or rips and seal them shut with a heavy-gauge tape (e.g., duct tape);
- Immediately report any pest infestation to your landlord including, but not limited to, bed bugs;
- Report infested furniture to the landlord and discuss how to safely dispose of these items; and
- Inform your landlord of any maintenance issue(s).

CONTROL MEASURES

Integrated Pest Management

Integrated pest management - also known as IPM - is considered best practice for preventing and managing bed bugs. Most social housing providers implement this pest-management strategy. The IPM approach emphasizes:

1. Prevention strategies (i.e. good maintenance and housing-keeping practices) to eliminate ideal conditions for bed bug infestations;
2. Regular monitoring to enable early detection;
3. Tenant and staff education; and
4. Minimal pesticide use with attention to protecting the health of residents and staff (e.g., only apply chemicals to targeted sites).

The IPM approach acknowledges the need to inspect and treat adjacent units and second treatments are typically necessary. Preparation of the unit is essential for the effectiveness of bed bug treatments. If you have bed bugs in your home, it is important that you tell your landlord!

If your landlord has told you that he or she will be arranging to have your home sprayed for bed bugs, you may need to do the following things:

Before Spraying

- Several activities need to be done in preparing your home to be sprayed (see [Appendix F2 for a sample Bed Bug Pre-Spray Support Plan](#));
- Inform landlord of any maintenance issue(s) (see [Appendix F3 Tenant Maintenance Checklist](#));
- Reduce clutter;
- Vacuum frequently and empty the vacuum bag right away, sealing it in a plastic bag, and disposing of the bag in an outside garbage container;
- Remove open food during spraying and seal in plastic bags;
- Remove all items from dressers and closets;
- Wash and dry all clothes, linens and bedding. Drying and exposure to heat for at least 20 minutes is most important. Keep clothes sealed in a bag and do not return clean clothes until after the treatment;

- Items that cannot be washed should be cleaned with a steam-cleaner or taken to the dry cleaners, or at the very least, vacuumed thoroughly;
- Remove mattress and box springs from the bed frame and lean them against a wall to allow bed frame to be sprayed;
- Pull all furniture at least 1.5 feet away from the walls and baseboards;
- Ensure furniture, rugs, dressers, and night tables are accessible to be sprayed or thrown out if infested;
- Unplug all electrical items before the spray; and
- Vacate your home for at least four (4) hours after the treatment. All pets should be removed also from the unit.

After Spraying

- Several activities need to be done once the unit is sprayed (see [Appendix F4: Bed Bug Post-Spraying Support Plan](#) and [Appendix G: Cleaning Up After Bed Bug Treatments](#));
- Pull the bed frame away from the wall;
- Tuck in the sheets and blankets so they don't touch the floor;
- Put your bed frame's legs into metal cans (e.g., soup cans) and apply a thin layer of petroleum jelly on and around the bed legs;
- Seal mattress holes and rips with duct tape or cover with plastic covers;
- Vacuum frequently and empty the vacuum bag right away, sealing it in a plastic bag, and disposing of the bag in an outside garbage container;
- Be alert for signs of bed bugs and fill out a work order if pest control is needed. Treatment takes a few days to be effective (3 to 5 days); and
- Use a household bug spray such as Raid between sprays.

APPENDICES

APPENDIX A: FACT SHEET ON BED BUGS

BED BUGS HAVE BECOME INCREASINGLY COMMON IN MANY SETTINGS, INCLUDING APARTMENTS, HOTELS, SHELTERS, ROOMING HOUSES, BOARDING HOMES, ETC.

HOW TO IDENTIFY BED BUGS?

- BED BUGS ARE ABOUT THE SIZE OF AN APPLE SEED. THEY ARE OVAL AND HAVE NO WINGS
- BEFORE FEEDING, BED BUGS ARE BROWN, ABOUT ¼ INCH LONG
- AFTER FEEDING, BED BUGS TURN DARK RED AND BECOME MUCH BIGGER
- BED BUGS USUALLY LIVE FOR ABOUT ONE YEAR. IN THEIR LIFETIME, FEMALE BED BUGS CAN LAY ABOUT 200-400 EGGS
- BED BUGG EGGS ARE WHITISH, ABOUT THE SIZE OF A PINHEAD, AND HATCH IN ABOUT 10 DAYS

DO BED BUGS BITE?

- BED BUGS BITE AND FEED ON HUMAN BLOOD
- BED BUGS BITE PRIMARILY AT NIGHT, ESPECIALLY AROUND THE FACE, NECK, UPPER BODY, ARMS, AND HANDS
- SOME INDIVIDUALS MAY HAVE AN ALLERGIC REACTION TO THE BITE, WHICH MAY LEAD TO AN INFECTION IF SCRATCHED. BITES SHOULD NOT BE SCRATCHED AND CALAMINE LOTION MAY HELP TO SOOTHE ITCHING. IF THE BITE LOOKS INFECTED (WARM, RED, AND OOZING) MEDICAL ATTENTION SHOULD BE SOUGHT
- BED BUGS CAN LIVE UP TO ONE YEAR WITHOUT FEEDING

WHERE DO THEY LIVE?

- BED BUGS LIVE IN BOXSPRINGS, CLOTHING, FOLDS OF MATTRESSES, PILLOWS, BEHIND BASEBOARDS, FLOOR CRACKS, BEHIND WALL PICTURES, CARPET, BED FRAMES, AND FURNITURE

HOW DO THEY SPREAD?

- BED BUGS SPREAD MANY WAYS. THEY ARE OFTEN TRANSPORTED IN PEOPLES' BELONGINGS, SUCH AS CLOTHES, LUGGAGE, AND FURNITURE ITEMS
- PEOPLE SHOULD EXERCISE CAUTION WHEN INTRODUCING USED FURNITURE INTO THE HOME
- WHEN PURCHASING FURNITURE, INDIVIDUALS SHOULD BUY FURNITURE WITH SURFACES THAT ARE RESISTANT TO HARBORING BED BUGS, SUCH AS VINYL COVERED CHAIRS AND SOFAS AND METAL BED FRAMES
- BED BUGS CAN TRAVEL BETWEEN UNITS THROUGH HEATING PIPES

HOW DO I KNOW IF I HAVE BED BUGS?

- BLOOD STAINS, SPOTS, AND STREAKS ON YOUR SHEETS FROM CRUSHED BUGS
- RUSTY OR TINY BLACK SPOTS ON SHEETS, MATTRESSES, BED CLOTHES, AND WALLS
- EGGS, WHEN READY TO HATCH, LOOK LIKE A PIECE OF RICE

**APPENDIX B:
WEB-BASED RESOURCES REGARDING BED BUGS**

Bed Bug Infestations in an Urban Environment

A Toronto based study disseminated in Emerging Infectious Diseases (2005)
<http://www.cdc.gov/ncidod/eid/vol11no04/pdfs/04-1126.pdf>

Bed Bugs in Toronto

A Toronto based study disseminated by the Centre for Urban and Community Studies in Research (2003)
<http://www.utoronto.ca/forest/termite/BedbgRB19.pdf>

Bed Bugs Fact Sheet

Toronto Public Health, September 2004
<http://www.toronto.ca/health/bedbugs.htm>

How to Get Rid of Bed Bugs

Pest Control Canada (2007)
http://www.pestcontrolcanada.com/INSECTS/get_rid_of_bed_bugs.htm

A Code of Practice for the Control of Bed Bug Infestations

Australian Environmental Pest Managers Association Ltd. (2007)
<http://medent.usyd.edu.au/bedbug/>

Bed Bugs

Mayo Clinic (2006)
<http://www.mayoclinic.com/health/bedbugs/DS00663/DSECTION=10>

Bed Bugs

<http://www.bookrags.com/wiki/Bedbug>

Bed Bugs - University of Kentucky Fact Sheet

<http://www.ca.uky.edu/entomology/entfacts/ef636.asp>

The Bed Bug Resource Manual

Woodgreen Community Services (2008)
<http://www.woodgreen.org/Temp/BedBugManualOct242008.pdf>

Resource Sheet provided by WoodGreen Community Services (2007)

APPENDIX C:
Some Items You May Need to Help Eradicate Bed Bugs

- Different coloured bags and ties to store dirty and clean clothes
- Label (to label bags as clean laundry, dirty laundry, garbage, etc.)
- Duct tape to put at entrances of doors (bed bugs will stick to tape when sticky side is facing up)
- Vaseline to put on legs of bed (makes it slippery for bed bugs to climb up)
- Vacuum and vacuum bags (dispose of vacuum bags in sealed garbage bags regularly)
- Steam cleaner (steam clean mattress, box spring, base boards, etc.)

APPENDIX D: FUNDING OPTIONS

FOR ODSP/OW CLIENTS

Ontario Disability Support Program (ODSP)/Ontario Works (OW) clients who are experiencing a bed bug infestation may be eligible to apply for an Emergency Discretionary Benefit to assist with the following expenses:

- Unit preparation prior to spraying (includes laundering of clothing and bedding items, extreme cleaning, steam-cleaning, etc.)
- Replacement items after spraying (e.g. bed, bed frame, rug, etc.)
- Equipment purchases which minimize the risk of re-infestation (e.g., vacuum)

It is optimal to secure funding prior to spraying the unit because many items and services need to be purchased in advance.

PROCESS:

The following three (3) items need to be included:

- 1) A letter from your landlord outlining preparation procedures for the spraying. The letter should also include spray date(s) and the landlords contact information. A letter from the pest control company acknowledging services to be provided and the dates of spraying is also useful. ODSP/OW staff need verification that the landlord is doing everything that he or she can do to eradicate the problem.
- 2) When possible, a supporting letter from your clinician/physician outlining the negative impact that the bed bug infestation has had on your financial and mental health.
- 3) An Emergency Discretionary Request Form (see [Appendix E Sample Emergency Discretionary Benefit Request Form For the Eradication of Bedbugs](#)) should be filled out listing items that have to be replaced along with **quotes** for various services/items being requested.
- 4) Submit the - **original copies** of these items to your local ODSP/OW office for processing.

Each case will be reviewed individually. If you are eligible, ODSP/OW will send a cheque to you for the approved amount and you will be responsible for arranging the services requested and replacing all the items requested.

**APPENDIX E:
SAMPLE EMERGENCY DISCRETIONARY BENEFIT REQUEST FORM FOR
THE ERADICATION OF BEDBUGS**

FOR ODSP/OW OFFICE: _____

Client's Name: _____
 Date of Birth: _____
 Residing at: _____
 Postal Code: _____

Accommodation Type:

Board & Lodging () Room/Apartment ()
 Subsidized () Other - please specify ()

Landlord: _____

Date of Treatment for Bedbugs: _____

Items	Amount
Metal bed frame	
Box spring	
Mattress	
Mattress cover	
Pillow	
Pillow cover	
Sheets	
Bedspread	
Vacuum (and vacuum bags)	
Replacement of infested furniture	
Replacement of infested clothes	
Laundry (including dry cleaning)	
Extreme clean	
Cleaning supplies	
Other	
Total	

APPENDIX F:
Housing Maintenance Plans

Next is a series of housing maintenance plans for prevention, pre-spraying, and post-spraying. These are to assist you in deciding what needs to be done and what kinds of support you may require. You may fill this in on your own or with a clinician or landlord to help to decide what actions you need to take.

**APPENDIX F1:
Sample Bed Bug Prevention -
Housing Maintenance Support Plan**

Task	Rationale	Optimal Frequency	Barriers to Completing	Support Needed	Notes
Steam cleaning mattress seams and sides, bed frame and spring box	This is recommended above and beyond vacuuming as steam cleaners utilize heat to clean which doesn't only remove but kills bed bugs	As can be arranged			Place the steam nozzle directly onto the surface and move along at a rate of 30 cm per every 10 – 15 seconds.
Vacuuuming	Regular vacuuming helps rid unit of dust and debris which can be a nesting place for bed bugs	Daily - several times a week			Vacuum floors regularly (daily for 2 weeks following treatment of an infestation). Use the brush tool to vacuum mattress. Use the crevice tool to vacuum crevices in the mattress and baseboards. Use a vacuum with strong suction. Dispose of vacuum bags regularly.

Make bed	It is important that sheets do not touch the floor as bed bugs can crawl up sheets. Also have bed pushed away from any walls	Daily			Make sure to tuck in all sheets. <u>Do not use bed skirts.</u>
Laundrying of clothes and linens	The heat from the dryer will kill bed bugs at any stage of their development. Steam cleaning will also work	Weekly			Use hot water (140 F) and hot dryer for at least 20 minutes
Placement of sticky traps around unit	A very effective way to catch an infestation right when it begins	Monitor daily			Report any infestations to housing provider
Educate self on bed bugs	Knowing what bed bugs look like and how to recognize an infestation is an important preventative measure	Ongoing			See bed bug fact sheet included in this document. There is also a lot of information available on the Internet (web resource sheet included).
Allow housing provider monthly access to unit to monitor for infestations	It is much easier to treat an infestation if it is caught in its earliest stages.	Monthly			
Attend all housing meetings	It is important to hear updates about bed bugs in your Residence and to discuss your concerns with other tenants/housing provider	As arranged			

Keep clutter to a minimum	Bed bugs will hide among clutter	Daily			Bed bugs especially like paper and fabric
Do not enter infested rooms/areas	You may unintentionally bring bed bugs back with you.	Ongoing			
Do not bring home discarded furniture	Furniture may be harboring bed bugs	Ongoing			
Check any used clothing/furniture for bed bugs before bringing home	Furniture may be harboring bed bugs	Ongoing			Make sure to look in crevices, folds and joints
Regularly inspect bed and other potential hiding places for bed bugs	Regular inspection will help to catch an infestation right in its infancy	Daily – several times a week			Make sure to check: mattress seams, folds and sides, box spring and bed frame, areas where carpet touches the wall, cracks in floors and walls, under cushions and in folds of fabrics.
Using duck tape around the door frame with the sticky side up	Prevents bugs from crawling between units	As needed			Use especially if an infestation has occurred in other units

Seal (or have landlord seal) any cracks and crevices between baseboards, on wood bed frames, floors and walls with caulking.	Areas where bed bugs can enter unit	As needed			Especially concentrate on walls that are adjoined with other units.
Repair/ remove peeling wallpaper, tighten light switch covers, seal openings where pipes/wires come into your unit	Areas where bed bugs can enter unit	As needed			Especially concentrate on walls that are adjoined with other units.
Seal pillows and mattresses/box spring with covers	Helps prevent bed bugs from getting in unit	As needed			If not able to purchase these items then inspect mattress for holes/rips and seal shut with a heavy-gauge tape. If mattress very damaged – report to housing provider and discuss how to dispose of the mattress.

If purchasing a new bed frame consider plastic or metal as opposed to wood	Bed bugs prefer wood and fabric	As needed			
Coat bed legs with double-sided tape or Vaseline or place inside glass jars or metal cans.	Bed bugs cannot easily climb metal or polished surfaces, and they cannot fly or jump, so treating the legs of beds will help keep them from infesting the box spring or mattress	As needed			
Report any infestation to housing provider and fill out work order. Also inform your case manager of any infestation.	Minimizes the extent of the infestation.	As needed			
Once spraying has been arranged by the housing provider – refer to the “Pre and Post - Spraying Support Plan for Tenants”	Minimizes the extent of the infestation.				If no further infestation is evident following the 2 week period after spraying, refer back to this “Housing Maintenance Plan” for ongoing prevention tasks.
Other:					

**APPENDIX F2:
Sample Bed Bug Pre-Spray Preparation Support Plan for Tenant**

Task	Rationale	Barriers to Completing	Support Needed	Notes
Cooperate with the housing provider to arrange for your unit to be sprayed.	Will assist in the treatment process			Arrange for yourself and your pets (including fish) to be offsite during and after treatments (minimum of 4-6 hours). <i>*Anyone with respiratory problems, who is pregnant, or under the age of one MUST stay out of the treated unit for at least 24 hours!</i>
Vacuum room thoroughly with a crevice tool. Immediately dispose of the vacuum bag by placing it in 2 plastic bags, sealing them well with duct tape and disposing of them in an outside garbage container. Steam cleaning mattress seams and sides, bed frame and box spring is effective in killing bed bugs.	Will assist in the treatment process			Specific items that NEED to be vacuumed prior to spraying: <ul style="list-style-type: none"> • Entire mattress (especially seams, folds, buttons, sides) • Box spring • Bed frame • Floor and wall area around bed • Baseboards • Cracks in floor and walls • Inside drawers and closets • Around electrical outlets • Radiators, heaters • Curtains and curtain rods • Door frames • Television set and remote • Computer • DVD/VCR • Clocks

				<ul style="list-style-type: none"> • Lamps and light fixtures
<p>Prior to spraying, remove all bedding from mattress/box spring, wash in hot water and dry. Then place the clean bedding in two sealed and colour-coded bags and label as clean bedding. Do not return bags to unit until after the unit has been sprayed and cleaned</p>	<p>The heat will kill any existing bed bugs. The colour-coded double bags will help to prevent cross-contamination and the escape or entry of other bugs</p>			<p>Dry bedding for an additional 20 minutes after items are fully dry</p> <ul style="list-style-type: none"> * It is recommended to use different coloured garbage bags. For example, green bags can be used for cleaned items, black bags for infested items that still need to be cleaned and orange bags for infested items that are to be discarded * When storing items in bags, double bag, seal tightly, reinforce with duct tape and label according to content and unit number * Use latex or PVC gloves when touching the mattress and other infested items
<p>Prior to spraying, wash all clothes in hot water, dry and seal all clothes in colour-coded, labeled and doubled bags. Do not return to unit until after the unit has been sprayed and cleaned</p>	<p>The heat will kill any existing bed bugs. The colour-coded double bags will help to prevent cross-contamination and the escape or entry of other bugs</p>			<p>See above</p>
<p>Stuffed toys can be put in the clothes dryer for 30 to 45 minutes</p>	<p>The heat will kill any existing bed bugs</p>			<p>See above</p>
<p>If furniture (e.g. mattress) is in bad condition – arrange disposal with the housing provider</p>	<p>To ensure proper removal from property and decrease the spread of bedbugs</p>			

Remove mattress and box springs from the bed frame and lean against wall	Ensures that the professionals providing the treatment can reach areas properly			Make sure that mattress and box spring are accessible for the professionals providing treatment
Remove ALL items from walls, dressers and tables. Store them in sealed and labeled double garbage bags				
Unplug all electrical appliances	This will give the professionals access to the outlets			
Open any fire and CO2 detectors and remove batteries before spraying	To ensure comprehensive treatment			Make sure that batteries are replaced and items returned following spraying
Speak to professionals regarding their pre-spray recommendations	Recommendations may differ by company			
Try to stay out of common areas or other tenants' rooms during active infestations	You may inadvertently spread the infestation to other areas of the residence, which makes it more difficult to treat			
Other:				

**APPENDIX F3:
Tenant Maintenance Checklist**

You may need to talk with your landlord to make repairs in your unit to ensure the eradication of bed bugs.

Item to check	Current condition	Action required	Notes
<input type="checkbox"/> Walls (i.e. cracks to be filled in, fresh paint needed, wallpaper peeling?)			
<input type="checkbox"/> Baseboards (repairs needed?)			
<input type="checkbox"/> Windows (window frames)			
<input type="checkbox"/> Light switch covers (are they secured tightly?)			
<input type="checkbox"/> Floors (Type of flooring? Are there cracks in the floors? Condition of carpets?)			
<input type="checkbox"/> Other:			
<input type="checkbox"/> Other:			

**APPENDIX F4:
Sample Bed Bug Post-Spraying Support Plan for Tenant**

Task	Rationale	Barriers to Completing	Support Needed	Notes
Do not return to unit for 4-6 hours following spraying	Minimizes the impact of pesticides on health			<i>Anyone with respiratory problems, who is pregnant, or under the age of one MUST stay out of the treated unit for at least 24 hours!</i>
Inspect bed and other potential hiding places for bed bugs*	Regular inspections are important for managing bed bugs.			Make sure to check: mattress seams, folds and sides, box spring and bed frame, areas where carpet touches the wall, cracks in floors and walls, under cushions and in folds of fabrics
Vacuum*	Regular Vacuuming helps rid unit of dust and debris which can be a nesting place for bed bugs			Use the brush tool to vacuum the mattress. Use the crevice tool to vacuum crevices in the mattress and baseboards. Use a vacuum with a strong suction. Immediately dispose of vacuum bag by putting it in 2 plastic bags, sealing the bags well with duct tape and disposing of them in an outside garbage container
Open all doors and windows for 15 – 30 minutes to air out the unit	Improves the air quality after the spray.			
Speak to treatment	Recommendations may differ			

* Task to be completed DAILY for two weeks immediately following completion of the spray. After two weeks, if no further infestation has been observed, tenant can return to Preventative Housing Maintenance tasks

professionals regarding post-spraying recommendations	depending on the company			
Restrict use of harsh chemicals/ cleaning products on treated areas for 2 weeks	May interfere with chemicals used in spraying process – could cause potential health hazard to tenant(s)			
Steam cleaning mattress seams and sides, bed frame and spring box, areas around infected area	This is recommended above and beyond vacuuming as steam cleaners utilize heat to clean which removes and kills bed bugs			Place the steam nozzle directly onto the surface and move along at a rate of 30 cm per every 10 – 15 seconds.
Prevent children and pets from crawling on your floor for 2 weeks or place blankets on the floor	Minimizes the impact of pesticides on health			
Follow all bed bug preventative measures as outlined in the “Home Maintenance Support Plan”	Helps to prevent bed bugs			
Other:				

APPENDIX G: Cleaning Up After Bed Bug Treatments

Cleaning up after the treatment of bed bugs is really important.

Basic tips:

- Apply Vaseline around the legs of the bed frame to prevent bed bugs from crawling up to the box spring and mattress. Place legs of bed frame in cans (makes it more difficult for bugs to climb up legs).
- Keep your bed and furniture away from the walls.
- Tuck in your sheets so that they are not touching the floor.
- Vacuum on a daily basis and change the bag after each use. When you remove the bag from the vacuum cleaner make sure you dispose of it immediately by placing it in two sealed garbage bags and in an outside garbage container.
- Wipe the baseboards at least once a week.
- Keep clutter to a minimum.
- Do not bring used clothing, mattresses or furniture into your unit.
- Keep items including clean laundry in tightly sealed garbage bags for a few weeks after the unit has been treated. If you need to take some clothes out of the bag, make sure you reseal the bag. Do not place soiled laundry together with clean laundry.

You may need to PURCHASE new items if they are infested. Dispose of infested items before treatment and bring in new items after treatment.

Decide what furniture you need? If you need a bed, consider what size of bed you require. Below are some questions you may want to ask the retailer:

- What is the delivery cost?
- Will your company assemble the bed frame?
- What is the delivery time? (It should arrive at least 4 hours after the unit is sprayed).
- Can you keep the plastic on the box spring? (This will help to prevent bed bugs from getting into the box spring).
- Do you sell mattress covers that will prevent bed bugs from damaging the mattress?
- Are there floor models available at a reduced rate?

- When is payment required?

Possible Retailers:

- Sleep Country
- Color Hospitality Services
- The Brick
- Leons
- Waterloo Bedding

Items to Purchase (approximation of cost):

Items	Price Range
Metal Bed Frame	\$40.00 and up
Box Spring (Twin) And Mattress (Twin)	\$300.00 and up
Mattress Cover (Twin)	\$15.00 and up
Box Spring Cover – Color Hospitality Services offer a vinyl cover	

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