



Bed Bugs and Multi-Occupant Dwellings (“MODs”)

Each year bed bugs affect millions of people in the U.S. Especially affected are Multi-family/multi-individual dwellings (“MODs”), including:

- Apartments,
- Hotels, Motels, Hostels, Boarding Houses
- Shelters, Public Housing
- Section 8 housing

all of which have multiple opportunities for people to bring in new infestations. This poses an increased burden on residents, apartment and hotel owners and managers, and local, regional and national public health organizations.

Some important bed bug facts:

1. Bed bugs feed on human blood. You and your families are the targets. These insects are VERY efficient and effective at finding their next meal.
2. Bed bugs go through a number of stages from egg to adult (called “instars”) and they must have a blood meal between each stage.
3. Adult bed bugs may go for up to a year between blood meals.
4. Adult females can lay up to five to seven eggs per day and two hundred over their lifetime.
5. Bed bugs are very difficult to remove once they find a new home and infestations can grow quickly. Professional pest control companies schedule several treatment visits to eradicate an infestation and use multipronged treatment programs to get full control. Low priced treatments are likely to get low quality results.
6. NO ONE PRODUCT IS LIKELY TO STOP AN INFESTATION. Beware of the one-step solutions offered by some online companies.
7. There is no economic or social preference for bed bugs – they indiscriminately affect people around the country.
8. People and their luggage are a main mode of transport (or ‘vector’) for bed bugs. Multi-occupant dwellings and more transient facilities like hotels and shelters are thus more likely to suffer from new infestations.

Although some States put the responsibility of treatment on the owners of these facilities, facility occupants should be aware that they can play a **significant** role in keeping bed bugs from their lives.

Some powerful tips include:

- Regularly check your sleeping area, including mattresses, box springs, headboards, bed frames and side tables for evidence of bed bugs, which includes visible sight of the apple seed-sized reddish brown, flat oval bed bugs; blood staining typically found on sheets and bedding; sticky white eggs; droppings or skins (casts) remnants; or, indications of bites.
- Keep your room free of clutter. Bed bugs love nooks and crannies – especially near the bed.
- Keep alert for problems in neighboring rooms. Bed bugs will travel and those that escape a bed bug treatment in one room will happily make your room their next home.
- Use an active mattress liner like **ActiveGuard®** to protect your mattress and box spring. Active mattress liners are the most effective type of mattress covers because they are easy to install and not only kill bed bugs residing in your mattress, but also can kill newly introduced bed bugs that try to make your mattress and box spring their home.
- Do not pick up stray mattresses and furniture from curbs and yard sales unless you know they do not have bed bugs. This is one of the easiest ways of introducing bed bugs to your living area.
- When traveling, inspect your living area when you arrive and keep your clothing in your suitcase. Before leaving, check your suitcase and clothes for bedbugs and or eggs.

If you detect bed bugs avoid contact with the infested sites and call your landlord, front desk staff or pest management professional to inform them of the situation. It is important to get a handle on the situation as quickly as possible.

- Carefully remove bedding and clothing and put directly into a plastic bag. You can kill bed bugs in these items and other washable items by running the items through the dryer on the highest setting for 20-30 minutes.
- Also securely bag any clutter from around your bed, inspecting the items as you bag them.
- Although there are sprays and powders available that claim to kill bed bugs, those that do make this claim should be used with caution. Your best remedy to remove these pests is to work with a reputable pest management professional who is trained to work with a variety of solutions, including chemicals and heat to treat the contents of your room and your room surfaces. Bed bug detecting dogs have also proven to be effective at locating bed bugs in different areas of the room.
- If your furniture is too infested to keep, make sure that mattresses and sofas are securely bagged and visibly labeled as containing bed bugs.
- Mattress covers, including active mattress liners and encasements, can be used to save a mattress and box spring even when infested. Active mattress liners will kill bed bugs 24/7 and will continue to kill any missed bed bugs over two years. Encasements cover up the live bed bugs in the mattress and box spring and, if installed correctly, will eventually starve the insects inside. Although active mattress liners are the preferred method, encasements may be used in instances where there are significant populations of bed bugs on the bedding.
- The key is to identify and knock down the existing bed bug population as quickly as possible through treatment of the furniture, fixtures and existing clutter and then to continue to monitor and kill any bed bugs and eggs that have been missed.

For more information about ActiveGuard® Mattress Liners please feel free to contact Allergy Technologies at 866-978-6288.