

BED BUGS

A FACTSHEET FROM MIDWEST PESTICIDE ACTION CENTER



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Bed bugs are making a comeback, big-time, and can be found just about anywhere—from warming shelters to four-star hotel rooms. No one really knows why they have returned, but these little bugs are determined to stick around. Although bed bugs are tiny, they can cause major headaches because they're so difficult to find. Use the tips below to help control this stubborn pest.

BIOLOGY

Understanding how bed bugs eat and live can help you get rid of them.



- Adult bed bugs are flat, small (less than ¼ inch long), oval-shaped, wingless, and reddish brown. Immature bugs are smaller and amber colored. Eggs are tiny and white.
- They feed on blood and attach themselves to their favorite meal: humans and animals. Bed bugs need blood to grow and can live **up to one year on a single feeding**.
- Bed bugs usually bite at night, while we are sleeping.
- Bed bugs move around by hitching rides on clothing, furniture, bedding, and baggage. Bed bugs will live in any crack or crevice in or around your sleeping areas.

HEALTH ISSUES

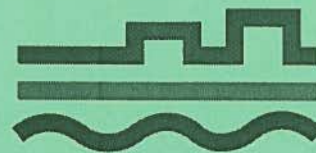
- Not known disease carriers.
- Bites can cause an allergic reaction with swelling, redness, and itching.
- Skin infection and scarring can result from scratching.
- The majority of people do not react to bed bug bites.
- Lack of sleep is a serious side-effect causing reduced alertness, loss of productivity, and mood problems.

PREVENTION

Bed bugs are hard to prevent because of their small size, night habits, and ability to hitchhike. Here are some tips to get you started:

- **Be on the look out** for signs of infestations such as: waking up with bites; seeing live bugs; or dark red or black spots on bedding, carpets, walls and furniture. Finding bed bugs early is the key to preventing their spread.
- **Paint and caulk around sleeping areas** – such as along baseboards, windows and bed frames – to seal hiding spots.
- **Inspect used furniture closely** before bringing into your home. Look for signs of infestations in cushions, zippers, seams, and underneath including springs and frames. Use a magnifying glass if possible. Beware of items in alleys and dumpsters.
- **Take a look around mattresses and furniture** when staying in an unfamiliar place. Bed bugs can hitch a ride home on your clothing or luggage.





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BED BUGS (cont.)

CONTROL

Be persistent!! Getting rid of bed bugs will require many different steps over several weeks. Be patient and persistent, and you will succeed.

- ☀ **Find out where they are hiding.** Bed bugs don't just stay in mattresses (though that is a favorite hiding spot). Look along baseboards, under and behind dressers, and any other dark hidden areas nearby. Monitoring devices, like glue boards or special bed bug detectors, may be helpful with locating bed bugs.
- ☀ **Vacuum infested areas carefully.** This will quickly knock down numbers of live bugs. **Remove vacuum bag or contents**, place into a plastic bag, seal tightly, and dispose right away. Vacuuming alone will not eliminate an infestation.
- ☀ **Steam clean furniture** and other surfaces to kill remaining bugs and hidden eggs. Handheld steamers are widely available in stores and online. The steaming time depends on the steam temperature, i.e., the higher the temperature the faster the kill. Pass the steamer slowly over infested surfaces. Always use caution to avoid burns.
- ☀ **Put mattress and box spring into a bed bug proof cover.** These covers are tear resistant and have a tight locking zipper that keeps bed bugs from escaping. Leave cover on for at least one year and pull bed away from the wall. Keep bedding from touching the floor and change sheets often until the problem is eliminated.

- ☀ **Wash all linen, laundry, and other infested clothing articles in hot water.** Dry on the highest possible setting. Unwashed, unwashable, and "dry clean only" items can be put in the drier for at least 20 minutes to kill bed bugs.
- ☀ You do not have to throw away furniture, including mattresses. Most items can be treated. **Talk to your pest control professional before throwing anything out.**
- ☀ Infested items left in common areas such as alleys, basements and curbs may spread the problem to others in your community. **Mark or label any items that you are throwing out** to prevent others from accidentally bringing bed bugs home.
- ☀ **Do not use chemicals around sleeping areas** and furniture unless they are properly labeled to treat these surfaces for bed bugs.
- ☀ If you are renting, **notify your landlord about any sign of bed bug immediately.** You have the right to live in safe and decent housing. Work with your landlord to get problems corrected quickly and prevent the spread of bed bugs.

Remember, there is **no magic formula** that will guarantee bed bug elimination. These tips are not intended to replace a select treatment program by knowledgeable professionals. The use of pesticides may be necessary. If possible, seek professional advice before applying pesticides for bed bugs especially around people with health conditions.

REFERENCES

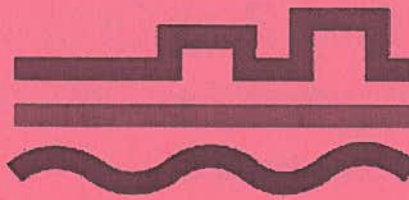
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Midwest Pesticide Action Center is dedicated to reducing the health risks and environmental impacts of pesticides and promoting safer alternatives.

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Chicago's Bed Bug Ordinance

A Factsheet From
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The City of Chicago has declared bed bugs a public nuisance in the bed bug ordinance that went into effect *December 23, 2013*. The ordinance amends the municipal code to better define who is responsible for bed bug control in multi-unit buildings. This factsheet summarizes the key elements addressed in the ordinance.

Midwest Pesticide Action Center is your guide to understanding the comprehensive order, as well as the division of responsibilities between landlords and tenants.

The ordinance clearly places the primary responsibility for controlling bed bugs on landlords. Landlords must provide inspection and treatment services when necessary to rental units and building common areas. Inspection and treatment must be in line with the National Pest Management Associations best practices for bed bug control, and treatment must be provided by a professional pest control operator until there is no longer evidence of an infestation.

Tenants must provide prompt notice of suspected bed bug infestation and cooperate during inspection and treatment activities.

Other provisions within the ordinance detail education, furniture disposal, the resale of items, and the responsibilities of condominium/ cooperative buildings to have a comprehensive bed bug plan.

Specific Landlord Responsibilities

EDUCATE/INFORM/INSPECT/TREAT

- Attach a bed bug informational brochure to all new and renewing leases. The Chicago Department of Public Health has one available at <http://bit.ly/HLuws6>.
- Respond to any known or suspected bed bug infestation within **10 days**.
- Provide inspection and treatment services by a pest management professional.
- Inspection and, if necessary, treatment must be done in units adjacent to, above, and below the unit suspected of infestation. This pattern is continued in the building until no evidence of bed bugs is found.

- Provide written notice to the tenant(s) before inspection or treatment. This notice should advise the tenant of their responsibilities, and specific preparations that must be completed.
- Maintain written record of all inspection and pest control measures performed by the pest management professional. Records must be kept for **3 years** and are open to inspection by authorized city personnel.
- May not knowingly retaliate against tenants for reporting, lodging complaints, and/or seeking assistance for a bed bug problem.

Specific Tenant Responsibilities

NOTIFY/COOPERATE/PREPARE

- Notify the landlord or representative, in writing, within **5 days** of any suspected or known bed bug infestations in the apartment, clothing, furniture or personal property.
- Cooperate* with the landlord for inspection, control, treatment and eradication of bed bugs.
 - a. Grant access at reasonable times to your apartment for purposes of bed bug infestation inspection or treatment.
 - b. Prepare unit for inspection or treatment; cleaning, dusting or vacuuming, prior to treatment.
 - c. Properly dispose of any personal property that a pest management professional has determined cannot be treated before the pest control services begin.

**Does not apply to tenants in assisted living, shared housing, or similar living arrangements. See Assisted Living and Shared Housing Act, 210 ILCS 9/10. (Continued on back)*

Chicago's Bed Bug Ordinance

A Factsheet From Midwest Pesticide Action Center (Cont.)

What About Condominiums & Cooperatives?

PLAN/COMMUNICATE/RECORD

All condominium associations and cooperatives must have a bed bug pest management plan in place by March 24th, 2014. The plan must include detection, inspection and treatment strategies.

- Maintain records of pest control activities for **3 years** for inspection by authorized city personnel.

Condominium owners or lessees shall immediately notify, in writing, the governing association of any known or suspected bed bug infestation.

- Cooperate with the governing association to control, treat, or eradicate bed bugs found or suspected.

Disposal of Infested Property

Infested items that are left in common areas such as alleys, basements and curbs may spread the problem to others in your community. It is extremely important to properly dispose and label infested property properly. This can prevent you from passing the problem onto your neighbor!

- ✓ Properly mark infested items (e.g. "BED BUGS Do Not Use"). Keep items enclosed in a plastic bag until properly disposed of or treated.

- ✓ DO NOT discard or dispose of any bedding, clothing or other materials infested with bed bugs on the public way (example: alley, sidewalk, hallway or common room)
- ✓ NO infested property should be recycled.

Enforcement of Ordinance

The ordinance will be enforced by the Department of Buildings and the Department of Public Health. To view the full ordinance visit, www.cityofchicago.org and search for "bed bugs," or go directly to <http://bit.ly/1dR6ggH>.

- A tenant has 5 days to report a suspected bed bug problem via written notice, and must cooperate with subsequent control activities.
- After receiving written notice, a landlord has 10 days to begin control activities such as inspection and, if needed, treatment for bed bugs using a pest control professional.
- *If either party is not complying*, call 311 to report the violation. Your call will be routed to the Department of Buildings and a city inspector will be sent out.

Any person (including tenants) found in violation of the ordinance, may face penalties of \$300.00 (1st offence) to \$2,000 (3rd offence) per day per violation within a 12 month period.

WHERE CAN I LEARN MORE?

Midwest Pesticide Action Center has developed a number of toolkits, guides, and factsheets to help you reduce your exposure to pesticides, while managing pest control. Visit www.midwestpesticideaction.org to access these useful resources.

- Chicago Tenants Rights and Responsibilities
- Reasonable Accommodations For Renters With Pest Problems
- 10 Steps to Pest Control
- Bed Bug Checklist for Tenants
- Bed Bug Checklist for Landlords
- How Do I Know I'm Receiving IPM
- Pest Control Companies That Provide IPM

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