

Bedbug Informational Sheets

Every tenant in every building dreads the thought, but Bedbug infestations are on the rise worldwide.

We all understand the trauma these problems cause all members of a building.

At BHB Pest Elimination, we have aggressively worked to create programs to quickly identify problems and more importantly, quickly eliminate any infestation before it can spread throughout a building.

Bedbugs are a very difficult pest to eliminate for several reasons – They have a high resistance to most insecticides, they can live in tiny cracks anywhere in the apartment, they quickly and easily create satellite nests, and they travel along erratic paths that allow them to easily avoid insecticides.

If you suspect you have bedbugs, first call your Superintendent or Property Manager. If active problems arise you can rest assured that BHB Pest Elimination and building management will do everything necessary to immediately eliminate the problem.

Following, please find our Bedbug Informational Sheets answering many questions you may have.

What are the first signs of Bedbugs I can look for?

1. Blood stains on sheets or pillow cases are the best indication. A bedbug does not necessarily have to live in the bed, but in any crack in the bedroom. But what they do need is us. Once they bite us as we're sleeping on the bed, small blood marks will be visible to the naked eye. If you're not sure if you are experiencing bedbugs, it would be helpful to only use light colored sheets and pillow cases as these will make it easier to spot this evidence.
2. Bites. This is trickier than it sounds. Mainly because we all can react completely differently from bedbug bites. In recent studies, we have found that two people can be bit by the same bedbug – one gets a full blown welt and the other gets absolutely no reaction. Still, just receiving a welt, rash or itchy reaction is not enough to assume we are dealing with bedbugs. Many other outside sources could cause similar reactions. As we all can react differently to the same insect bite, it is even difficult for a doctor to say with certainty what caused your reaction. The variable nature of bites makes the blood stains on sheets a much better indication.
3. When changing sheets, check the ribbing along mattresses and box springs. Bedbugs like to live in tight cracks, and the ribbing along mattresses makes an ideal crack for them. Bedbug droppings, once dry, look like small dots of black ink. If possible, lift mattress to check the underside. But please be careful, especially with king mattresses as they are heavier than they look.
4. Check surrounding areas around bed for the same droppings you look for on bed. Check bed frame, headboard, nightstands, moldings. Literally anything that creates a crack. An adult bedbug can be seen with the naked eye. Nymphs and eggs are very difficult to spot.



Adults, nymphs, eggs and droppings that look like small dots of ink



Adult



BHB

NY: 212-242-3383
NJ: 201-656-3380

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Are mattress encasements helpful?

Yes...and no. The proper Mattress and box spring encasements are very helpful. If a bedbug is in those areas, it can't get out. And if one is introduced, it can't get in. But there is a big difference from mattress encasements and Bedbug prevention encasements. As a bedbug can get through a very small crack, the zippers on the standard encasement can allow insects to pass in and out. Make sure any encasement says it specifically is made for bedbugs. Our distributors carry all sizes and we can help any tenant get the proper set.

How can I get Bedbugs?

You don't want to know. They can come from anywhere. Right now, they are a huge problem in the hospitality industry. As we all travel so much for work and vacations, this is probably the main way they enter a building. When traveling, it is wise to give the bed and nightstands a quick inspection as you would at home. Unfortunately, they also can be introduced from anyone who enters your home. Once bedbugs get in a building, their natural instincts are to make satellite nests first, in the same unit, traveling to other bedrooms, then along pipe lines and hollow walls to adjoining areas.

How good are Canine Inspections?

Canine inspections are an excellent resource for us. But presently it is a very new science, and like any new science, there are many uncertainties. There have been many cases of false positive readings, but rarely will a canine miss an active problem. We work with a handler and canine that has been exceptionally accurate. Still, whenever we provide a canine inspection, we couple to with a visual inspection by one of our managers to rule out any false readings.



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How can I get Bedbugs, my house is so clean?

For this insect, cleanliness means nothing. You can leave food and drinks everywhere, but they don't want that, they want us. The only thing that dirtiness allows is more clutter that can give additional harborage areas for them.

I have Bedbugs, now what?!

We understand that Bedbugs are a very traumatic pest to have. First, follow these steps:

1. Do not immediately throw out bed or furniture. Rarely is it recommended to discard any furnishings as in most cases, we can successfully eliminate bedbugs from any area. Bedbugs may not be named properly. They really should be called Bite Bugs. They do not necessarily live in the bed. Don't get me wrong, eventually if left untreated, they will end up in and around the bed. But initially, they can be anywhere in the bedroom.
2. First call your Superintendent or property manager. If you have any specific questions, please feel free to contact our office.
3. If any items are going to be thrown away, make sure they are completely and tightly wrapped in plastic. This will ensure no live insects fall off in hallways or elevators to go into other apartments.
4. Our comprehensive treatments include Hepa-Vacuuming, Heat Steam Treatment and chemical treatment to all cracks and crevices. All products used are the most effective, environmentally sound products available.
5. We strongly recommend treatment to all living spaces in an apartment. Even though it may seem that the problem is solely in one area, even if just one bedbug moved to another area, the treatment will not succeed.



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What Preventative treatments can be done for my building?

Whether a building has had an active bedbug infestation, or is waiting for one to occur – everyone wants to do all that can be done from preventing a future problem.

We recommend two main preventative treatments.

1. **Bedbug Exclusion Treatment** – For this treatment we find all potential cracks in apartments. These cracks are mostly along ceilings, pipe lines, cable lines and baseboards. First these openings are treated with insecticide aerosol and dust products into the hollow wall voids. Then we seal up the openings. This service serves two purposes. If bedbugs are already in hollow walls, it prevents them from getting into a unit that has been sealed. Second, if a unit that has been sealed gets bedbugs at a later date, it keeps them in that unit so that keeps the problem contained and easier to eliminate and harder for them to spread throughout the building.
2. **Hollow Wall Treatment** – Some buildings unfortunately have too many cracks and openings to seal up. Some buildings have drop ceilings, sagging floors or large holes that would not be cost effective to seal. Still, by doing an aggressive hollow wall treatment on a regular basis, we can be assured that no bedbugs are living in wall voids.

Not every building will be a candidate for either of these treatments. Fortunately, many buildings are naturally protected with few hollow walls and risers.