



Client Instructions for Bed Bugs

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A BASIC BED BUG BIOLOGY & FACTS

Bed bugs are from the “bug” family of insects, Hemiptera. In particular, they are ectoparasites: a parasite which lives on the outside of the body of the host. Bed bugs feed only on the blood of their hosts: humans and other warm-blooded animals. Bed bugs are secretive and are capable of concealing themselves in tight cracks and crevices. Since they can feed most freely on a sleeping host they are often found around beds and bedding which has given them their name.

How To Identify Bed Bugs

COLOR

Unfed adults are mahogany to rusty brown; engorged bed bug is red-brown after a blood meal. Nymphs (*baby bed bugs*) are nearly colorless when they first hatch and become brownish as they mature. (*Since nymphs are so light in color they can be very hard to spot.*)

SHAPE

Unfed bed bugs are flat; broad oval; fed bed bugs become swollen and more elongated.

SIZE

Adult bed bugs are about 1/4 inch long. Nymphs (*baby bed bugs*) range from 1.3 mm to 4-5mm



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How Bed Bugs Make Their Way To Us

- Bed bugs like to travel and are good hitchhikers. They will hide in suitcases, boxes and shoes to be near a food supply. Bed bugs are also known to survive in temporary or alternative habitats, such as backpacks and under the seats in cars, busses and trains.
- They are elusive, nocturnal creatures. They can hide in small cracks and crevices close to a human environment, such as behind baseboards and in cracks, crevices, and folded areas of beds, bedding and adjacent furniture, especially mattresses and box springs.
- Bed bugs can also hide in electrical switchplates, picture frames, upholstery, wallpaper and nearly anywhere inside a home, car, bus, or other shelter.
- Bed bugs usually come out at night for a blood meal. However, they are opportunistic insects and can take a blood meal during the day, especially in heavily-infested areas.
- Bed bugs usually require 5-10 minutes to engorge with blood. After feeding, they move to secluded places and hide for 5-10 days. During this time, they do not feed but instead digest their meal, mate, and lay eggs.



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B TREATMENT PREPARATION (& FOR INSPECTIONS)

Make arrangements to vacate the home: Adults, Children, Pets (*dogs, cats, aquariums, birds, etc.*) Note that people and pets must be gone from premises during the treatment and for ____ hrs afterward, for a total of ____ hrs.

Notes: _____



General Notes About Preparations:

Whether you currently have an infestation of Bed Bugs or not:

If you already have an infestation of Bed Bugs: Be careful when preparing one room after another that bed bugs are not spread throughout home. Start by preparing rooms not likely yet infested, moving to the infested room(s).

Bedrooms/Linens:

- Beds:** Remove bed coverings, blankets and pillow cases down to fitted sheet.
- a.** When changing bed linens place separately in plastic bags or large plastic bins, keep separate from other laundry, wash ASAP in warmest allowable setting and dry for at least 20 minutes (*highest heat allowable for fabric*). Be certain that any/all loose clothing found near bed(s) are included in wash/dry sequence.
- b.** Store pillows in plastic bag or bin in bedroom from which it was found.
- c.** Launder all pet bedding pads or blankets.
- 2. Vacuum:** Vacuum bedroom floors, especially near and under beds (*including pet bedding/rest areas*). Using upholstery brushes & crevice tools to vacuum furniture—sitting area, under cushions, in folds, backside and underside.
Have new vacuum bag ready for replacing in your vacuum. Give to technician. Discard vacuum cleaner bag in a sealed plastic bag when finished.
- 3. Moving Stored Items:** Move piles of boxes, other goods from under and near beds. Stack or otherwise leave in room to be inspected or treated.

Stained Sheets/etc.:

Sanitize bed bug affected areas with plain soap and water. You'll be tempted to discard everything that carries the mark of bed bugs – the blood, the feces, the molts and eggs.

While some things may need to go, a little hot water, soap, and a rough sponge or scrub brush will work to sanitize the items you wish to salvage.

Bed Bug Bites: Avoid scratching any bites. Consult a pharmacist for topical treatment of bed bug bites. Should you suspect a reaction to bed bug bites consult a physician.

C AFTER-TREATMENT INSTRUCTIONS

After each Cascade Bed Bug Service (especially after a Bed Bug Clean Out Service), client is instructed to:

- 1. Remain out of structure for prescribed amount of time.** (*During treatment of home and for an additional 2 hrs in the case of a Bed Bug Clean Out Service.*)
- 2. Upon returning, aerate home if treatment odor bothers you.** Note: Chances are that any odor you might detect is an Orange Oil derivative which is very low in toxicity. Therefore, aerating the home primarily pertains to your preference regarding any scent you may detect.
- 3. Aquariums/Terrariums, if any:** Uncover any aquariums/terrariums that may have been covered and turn on aerators.
- 4. Bedding may be replaced on beds.** Please note: If, for any reason, (a) mattress(es) was(were) left off the box spring it was done to allow proper drying of treated seams, particularly on the underside which would have been enclosed had the bed been reassembled.
- 5. Read and follow the next section, "Protocol for Avoiding Bed Bug Infestation,"** and start following the measures described.



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D | PROTOCOL FOR AVOIDING BED BUG INFESTATION

Care at Home:

- 1. Beds, Linens, Laundry from Bedroom.** When changing bed linens place separately in plastic bags or large plastic bins, keep separate from other laundry, wash ASAP warmest allowable setting and dry for at least 20 minutes (*highest heat allowable*). Even sensitive items like silk or wool can be put in the dryer (*not wet*) for this time. Similarly, shoes, backpacks, stuffed animals, toys, and other items can be put in the dryer to kill bed bugs. Laundering regularly is essential during an infestation. Also, routinely cleaning and/ or launder pet bedding is a good idea.
Isolate bed(s) from walls, furniture, and curtains. Leave 6" from wall/curtains to bed if possible. Bed skirts should not touch floor.
Isolate bed(s) from floor at each bed "foot" with Bed Bug "tray" provided by Cascade technician and insure that nothing provides a bridge across this barrier. **DO NOT CLEAN TRAYS AS THEY ARE BED BUG TRAPS AND CASCADE TECHNICIAN WILL WANT TO INSPECT THEM UNDISTURBED.**
- 2. Vacuuming.** Vacuum floor, especially near and under beds. Using upholstery brushes & crevice tools to vacuum furniture—sitting area, under cushions, in folds, backside and underside. Discard vacuum cleaner bag in a sealed plastic bag when finished.
- 3. Storage & Clutter.** Avoid, as much as possible, piles of boxes, clothes, other goods around/under bed(s), in closets, and/or piled up against wall.

Care when commuting, traveling, in marketplace:

Prevent bed bug infestations in the future. Bed bugs are the greatest hitchhikers in the insect world. Sure, they can crawl from your house to your neighbor's home, but when they travel, it is almost always in suitcases, luggage, clothing, packaging, or on used furniture.

Here are some things you can do to avoid another bout of bed bugs:

- Consider using Clove Oil & Mint Oil based sprays for luggage and for use in hotel rooms (*can be used preventively on mattresses*). Refer to label.
- Investigate for signs of bed bugs in mattress seams while staying at hotels, hostels, and other places with a lot of human traffic. Use a good flashlight.
- If you've already spent some time in a bug-infested room, place any luggage in a sealed plastic bag and launder using hot water and dry on high heat immediately upon returning home.
- Bed Bugs can be carried from an "over night" at someone's home.

In addition to the above prevention strategies:

Be watchful of these signs. Here are some common signs that bed bugs are around, as well as some things to keep in mind:

- Small dark spots or smears (*especially on bed and pillow*). This will be bed bug feces or a bed bug's half-digested meal from the previous night.
- Blood on your bed or pillow. Sometimes people rollover or crush the bugs during a meal. The anticoagulant they inject before meals sometimes works too well.
- The eggs and eggshells appear as small white specks. A magnifying glass helps here.
- Nymphs molt five times before adulthood. These shed skins look light brown or straw colored.
- Severe infestations can give off a pungent, sweet stench. Some experts describe it as a rotting meat smell.
- Bed bug bites usually appear in rows of two or three slightly raised bumps, and for many, they itch. However, the reaction is different for different people. Some people have no signs or symptoms. On the other end of the scale, bites can cause serious allergic reactions for others.
- During the day, bed bugs tend to congregate in large groups. If you find an area with many dark spots, molted skin, and egg shells, a pile of bugs is likely lurking nearby. Sometimes the whole gang will hide in the tufts of your mattress. Or maybe they are all in that sweatshirt you always leave on the floor.
- If you've been treated for an infestation, it's smart to be vigilant about early detection in order to prevent significant future expense.

