Bed Bugs

Los Angeles County Department of Public Health

March, 2011

County of Los Angeles Public Health

Presentation Overview

1. What's a bed bug?
2. Why are bed bugs a public health problem?
3. Where do bed bugs live?
4. How do you know if you've got bed bugs?
5. How do you treat bed bug bites?
6. How do you get rid of bed bugs?
7. How do you prevent bed bugs?

What's a bed bug?

What's a bed bug?

- An insect that:
  - Sucks blood to live
  - Crawls and moves easily from place to place
  - Doesn't spread disease

Why are bed bugs a public health problem?

Why are bed bugs a public health problem?

- **Bed bug cases have increased because of…**
  - More travel
  - Used items
  - Poor cleaning
  - Crowded living spaces

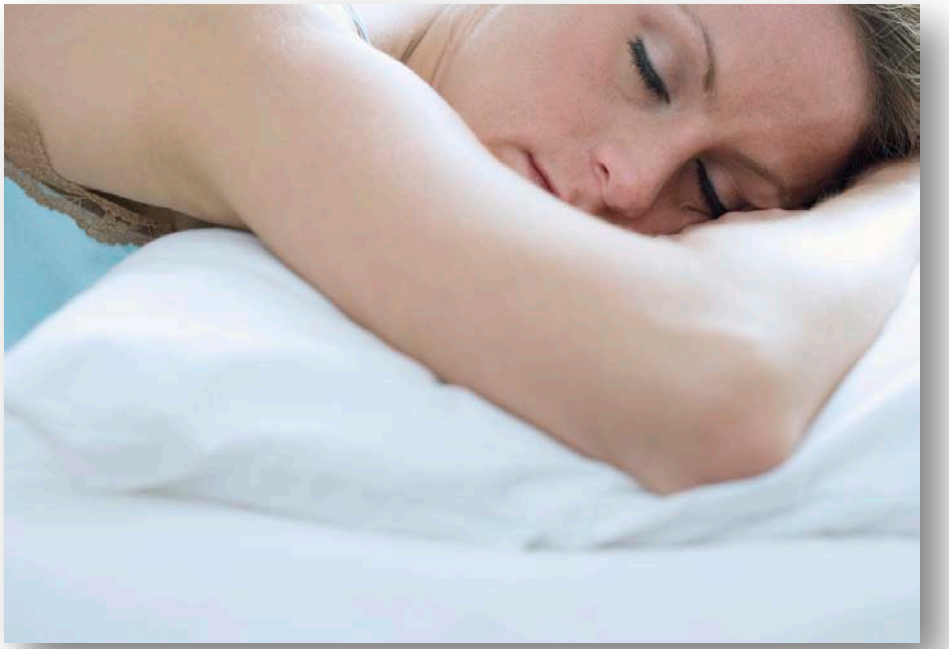
Why are bed bugs a public health problem?

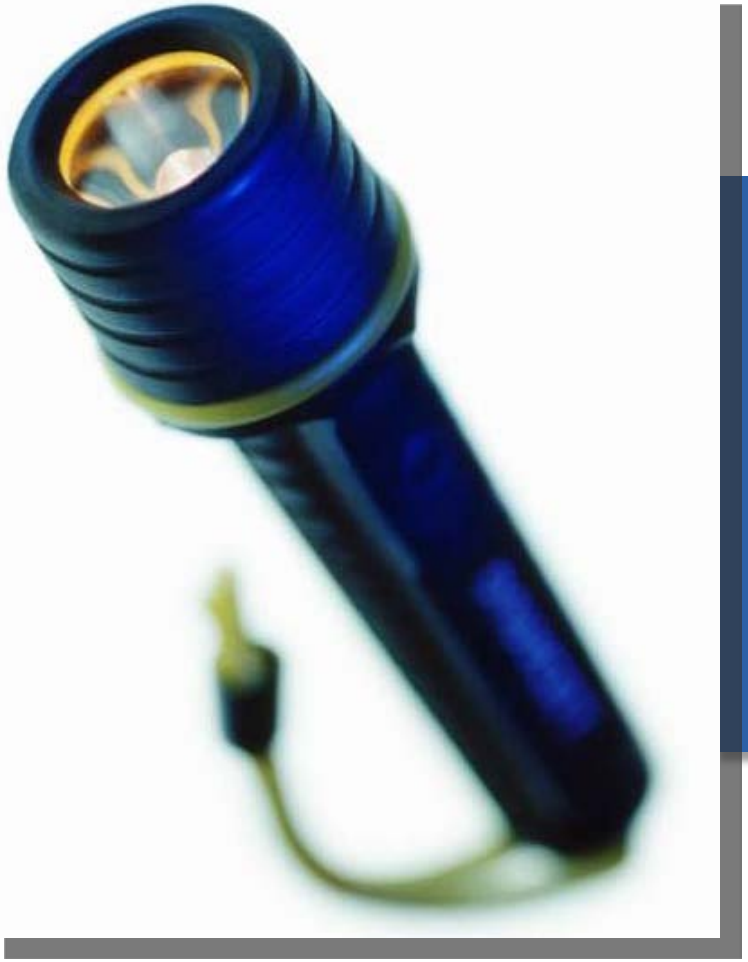
- Don’t spread disease, but can cause…
  - Allergic reactions
  - Asthma
  - Anemia
  - Stress
  - Financial burden
  - Housing code violations

Where do bed bugs live?

Where do bed bugs live?

- Near where people sleep
- Dry, rough and dark places
- Fabric, wood or paper surfaces





How do you know if you've got bed bugs?

How do you know if you've got bed bugs?

- You wake up with itchy bug bites
  - Look like mosquito bites
  - Exposed skin is most affected: face, neck, hands, arms, and lower legs

BB Bites on shoulder

How do you know if you've got bed bugs?

- You find signs of bed bugs
  - Bed sheets with streaks or spots of blood
  - Brood centers (nests)
  - Crawling bugs

Example of a nest/broad center

How do you treat bed bug bites?

Bed bug bits on a man’s leg & on a woman’s back

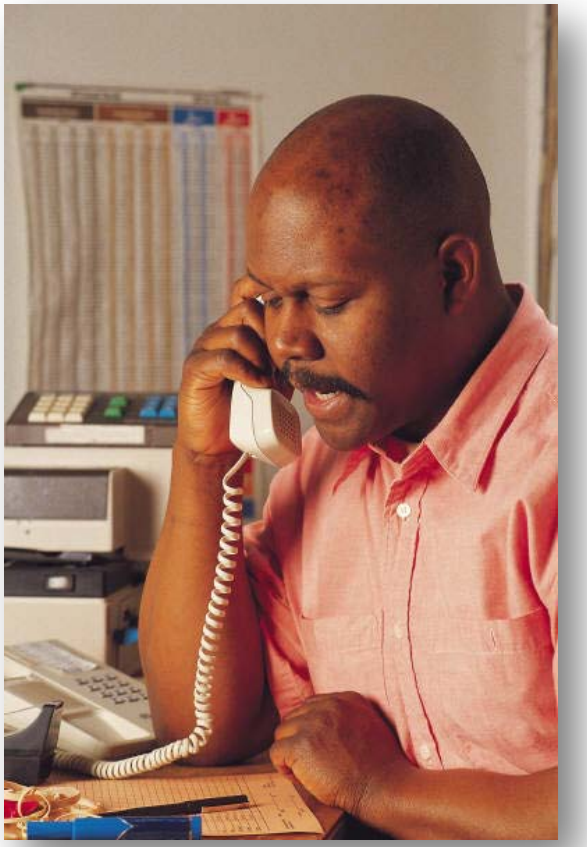
How do you treat bed bug bites?

- Most bed bug bites don't need medical attention
- Some people may need:
  - Anti-itch creams
  - First aid creams
  - Cold or allergy medicine
- Talk to your doctor if you think your bites are infected

How do you get rid of bed bugs?

How do you get rid of bed bugs?

- Who needs to be involved:
  - Tenant (Renter)
  - Building Management (Owner, Landlord, Property Manager)
  - Housing Inspector
  - Pest Management Professional



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How do you get rid of bed bugs?
TENANTS

Before Treatment	After Treatment
• Alert building management • Clean rooms and closets • Do laundry and bag items • Clear bookshelves • Empty drawers and leave open	• Check items before placing them back in drawers or keep them in plastic bags • Place encasements on mattresses and box springs • Clean regularly

How do you get rid of bed bugs?
BUILDING MANAGERS

Before Treatment	After Treatment
• Post notice letting all tenants know to report bed bugs before Pest Management Professional (PMP) visit • Contact or hire PMP • Communicate with tenants, housing inspectors, and PMP	• Communicate with tenants, housing inspectors, and PMP as needed

How do you get rid of bed bugs?
HOUSING INSPECTORS

Before Treatment

- Write a Housing Notice to document where live bed bugs were found
- Give educational materials to management and tenants
- Make verbal recommendations to tenants
- Write Notice of Violation (NOV) to tenants with excessive clutter

After Treatment

- Give educational materials to management and tenants
- Communicate with tenants and PMP, as needed

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How do you get rid of bed bugs?
PEST MANAGEMENT PROFESSIONALS

Before Treatment	After Treatment
• Inspect rooms • Use the best methods available to clear a property of bed bugs • Alert the inspector of tenants that aren't cooperating	• Inspect rooms after treatment

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How do you prevent bed bugs?

How do you prevent bed bugs?

- Keep your home clean
  - Get rid of clutter
  - Vacuum carpets and furniture weekly
  - Change bedding weekly
  - Check soiled bedding and mattresses for black spots or streaks of blood

How do you prevent bed bugs?

- Look for signs of bed bugs while cleaning
  - On mattresses and along seams
  - On and behind the headboards
  - Inside drawers
  - Inside holes in walls
  - Inside torn wallpaper or carpeting

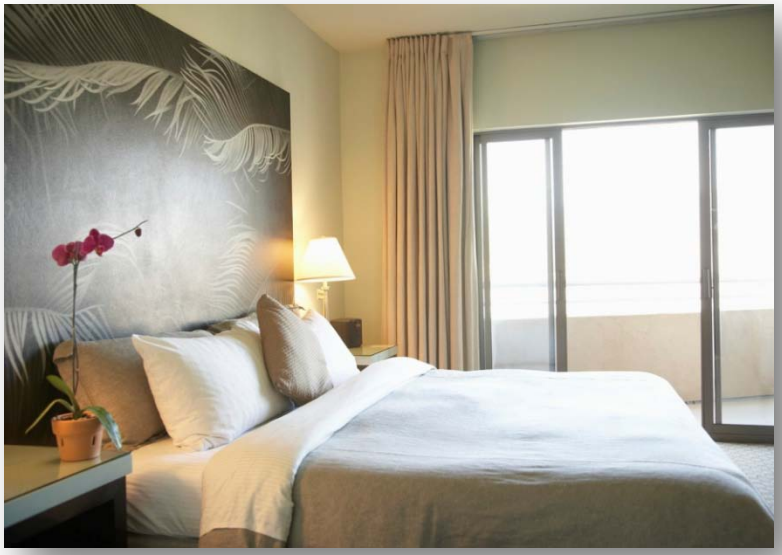
Bed Bugs along seam of mattress

How do you prevent bed bugs?

- Check new and used items before bringing them home
  - Furniture
  - Clothes
  - Other items

How do you prevent bed bugs?

- When you travel:
  - Use a hard suitcase or duffel bag
  - Scan the mattress and headboard when you arrive
  - Keep your suitcase and clothes off and away from the bed



How do you prevent bed bugs?

- After a trip:
  - Keep luggage away from the bedroom
  - Check luggage for signs of bed bugs
  - Unpack, wash, and dry everything on high heat

Presentation Wrap-up

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Need more information?

- Questions about bed bugs?
- Building management didn't respond to your bed bug complaint?

  Environmental Health Division
  (888)700-9995

Questions?