



# Healthy Communities VT

[www.healthycommunitiesvt.org](http://www.healthycommunitiesvt.org)

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# Empowering Families

EMPOWERING  
FAMILIES

WHAT  
LANDLORDS  
NEED TO  
KNOW

COMMON  
SENSE  
FOR  
HOME  
VISITORS

RESOURCES  
AND TOOLS  
YOU CAN  
USE





# With Knowledge

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# To Take Control

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# Of Their Living Spaces

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# To Make Them Inhospitable to Bed Bugs

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# NATIONAL GEOGRAPHIC BED BUG VIDEO





# NATIONAL GEOGRAPHIC BED BUG VIDEO

- Sleep tight and don't let the Bed Bugs bite
- Bed bugs have been with us since we lived in caves
- Thousands of them can infest a single bedroom
- They can squeeze through a crack as thin as a credit card
- They know when we are sleeping; they sense the CO<sub>2</sub> we exhale





# NATIONAL GEOGRAPHIC BED BUG VIDEO

- They use heat sensors to locate the best place to suck our blood
- They have to feed on us in order to stay alive and to breed
- They administer an anesthetic so we don't wake up
- They also administer an anticoagulant so our blood flows freely
- A bed bug can drink three times it's weight in a single meal



# COMMON SENSE FOR HOME VISITORS

## Part A. Protect your self during home visits

Six Important things to remember

## Part B. Make a clean getaway

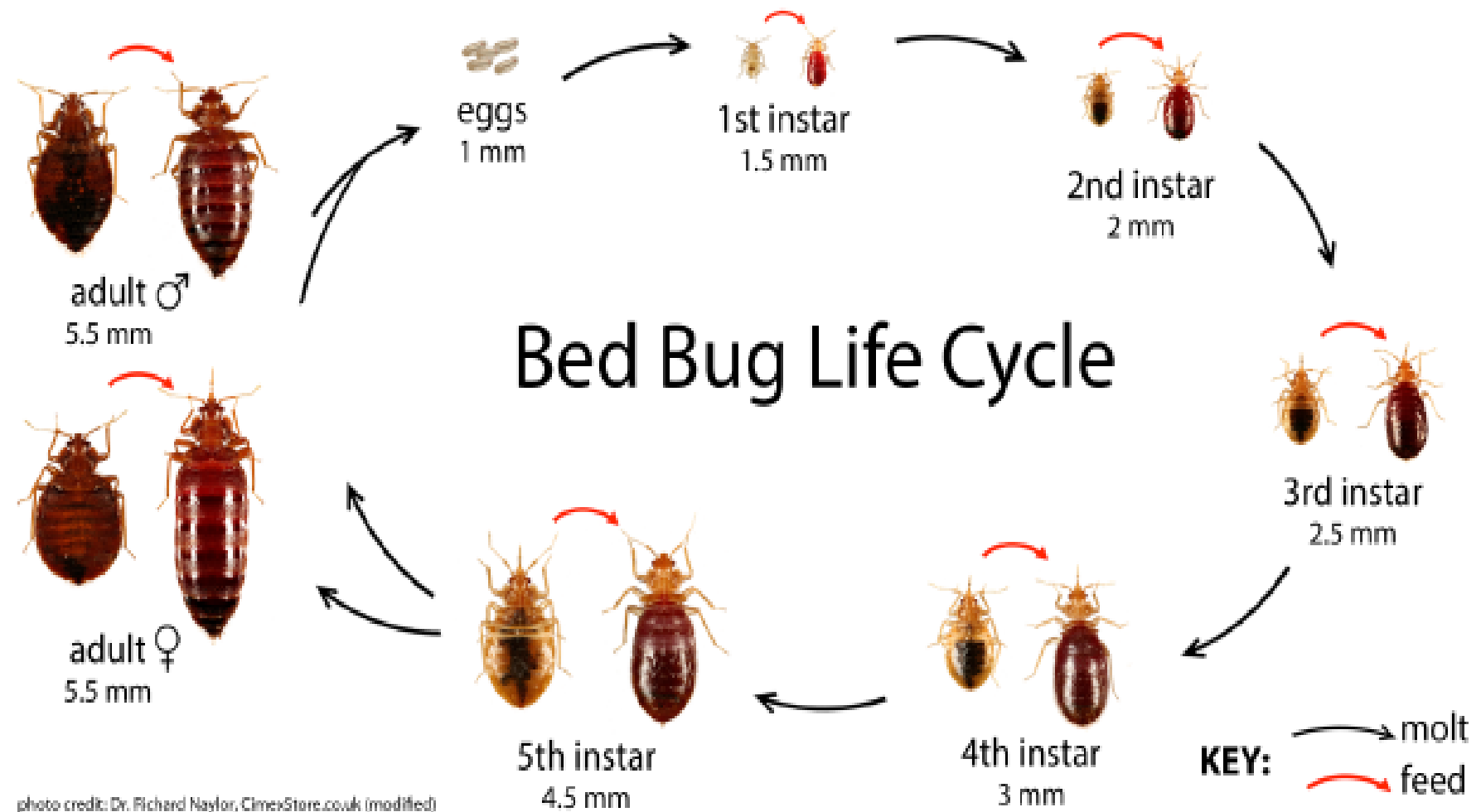
Six more Important things to remember





# A-1. Learn how to identify Bed Bugs

## Eggs, Instars, and Adults



## **A-2. Learn where Bed Bugs hide**

(Typically within 5 feet of where people sleep)

- Mattresses, box springs, bed frames & head boards
- Under the thin dust cloth on bottom of box springs
- Seams and fabric folds in curtains and under furniture including chairs and sofas
- Under wall-to-wall carpeting and padding
- Anywhere there are cracks, crevices or nail holes in walls, and under wood moldings and baseboards



# A-2. Learn where Bed Bugs hide

(Typically within 5 feet of where people sleep)

## Kill Bedbugs Where They Hide!



## Common Areas of Inspection and Treatment

1. Behind artwork and mirrors
2. Behind fixtures
3. Behind headboards
4. Around and behind outlets
5. Inside and underneath casegoods
- 6-7. Mattresses and foundations
8. Along and beneath platforms
- 9-10. Along baseboards and carpet
11. Draperies and other upholstery

## **A-2. More places where Bed Bugs hide**

- Under loose wallpaper and seams, and where ceiling and wall meet
- In and behind picture frames and mirrors
- Clothing and clutter stored in closets, under beds and elsewhere
- Inside switch plates, electrical outlets, clocks, computers, televisions, and smoke detectors
- On and in recently used luggage, school backpacks, bags and coats



## **A-3. Carry into the home only what is necessary**

- Go in cold even during Winter.  
Leave your coat, pocket book, briefcase,  
and other unnecessary items in the car

## **A-4. Set your belongings on a table**

- Don't risk putting your belongings  
on a bed or upholstered furniture

## **A-5. Be smart about where you sit**

- Sit on a hard chair or bring a portable stool. Sit in the middle of the room away from carpets; hard flooring is preferable. Sitting on upholstered furniture or beds will put the next family you visit at risk.

## **A-6. Implement a “Hands Only” policy**

- Do not touch anything with any part of your body other than your hands, the soles of your shoes, or your bottom if you are sitting. Do not lean up against a wall. Do not brush up against draperies or tapestries.



# Part B. Make a clean getaway

Six important things to know





# Make a Clean Getaway

## **B-1. Inspect yourself before you get in the car**

- Inspect clothes, shoes, shoelaces and any items you brought into the home visit. Inspect your home, your office, and personal items you carry with you.

## **B-2. Keep an extra set of clothes & shoes in car**

- If bugs are seen in the home visit or found on you put the contaminated clothes into a sealed plastic bag or tote and then directly into your clothes dryer. Steam clean shoes.





# Make a Clean Getaway

## **B-3. Protect your car from unwanted hitchhikers**

- After each home visit, place all clothes, bags, and shoes in a plastic storage tote with airtight lid so any bugs will be confined. Have a separate tote for client's belongings if you transport them in your car.

## **B-4. Decontaminate your clothing**

- After a visit, gather all your clothing, bags, and shoes and put them in the dryer on high heat (at least 140 degrees) for at least 20 minutes to kill Bed Bugs



# Make a Clean Getaway

## **B-5. Vacuum your car after a home visit**

- Use a commercial car wash vacuum so you don't contaminate your home vacuum.

## **B-6. Decontaminate your home vacuum**

- If you use your home vacuum, suck up some baby powder prior to and immediately after vacuuming your car. Remove the vacuum cleaner bag outside the of the home and seal it in a plastic bag. Dispose of the plastic bag outside of the home or office. Inspect all vacuum attachments and brushes for any signs of Bed Bugs and eggs.





# Reading List

- Simplified Best Practices for Home Visitors:  
**[Bed bug precautions for home visitors](https://www.canr.msu.edu/news/bed_bug_precautions_for_home_visitors)**  
**[https://www.canr.msu.edu/news/bed bug precautions for home visitors](https://www.canr.msu.edu/news/bed_bug_precautions_for_home_visitors)**  
**Author:** Cathy Newkirk, Michigan State University Extension
- Best practices for Visiting Homes with Known Infestations:  
**[Let's Beat the Bed Bug](https://www.bedbugs.umn.edu/home-visitors)**  
**<https://www.bedbugs.umn.edu/home-visitors>**  
**Source:** University of Minnesota, CFANS, Dept. of Entomology
- Healthy Communities VT – Bed Bug Resources and Best Practices  
**<https://www.healthycommunitiesvt.org/bed-bud-best-practices>**
- National Geographic Bed Bug video  
**[www.youtube.com/watch?v=WfKCcSPCOQo](http://www.youtube.com/watch?v=WfKCcSPCOQo)**
- Environmental Protection Agency on Bed Bugs – **[www.epa.gov/bedbugs](http://www.epa.gov/bedbugs)**
  - Tips for Travel – **[www.epa.gov/bedbugs/tips-travel](http://www.epa.gov/bedbugs/tips-travel)**
  - EPA recommended landlord hand out, rack card  
**[www.epa.gov/sites/production/files/2014-02/documents/bed-bug-prevention-detection-control.pdf](http://www.epa.gov/sites/production/files/2014-02/documents/bed-bug-prevention-detection-control.pdf)**



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