

Bed Bug Tips for Tenants

Educating yourself on bed bugs will enhance your ability to identify signs of bed bugs in your residence.

How do I know if I have bed bugs?

Observation is an essential tool in bed bug detection. Bed bugs can be seen by the naked eye and conducting weekly bed bug checks around your home with a flashlight can lead to early detection and intervention.

What do I do if I have bed bugs?

Vacuuming

Vacuums help to quickly capture and contain bed bugs. Be sure to vacuum around baseboards, beds, couches, chairs, bed frames, pictures, dressers, and other likely hiding areas around your home. If using a bagless vacuum, immediately empty the contents into a plastic bag, seal and throw away in an outside trash. If using a vacuum with a bag, disconnect the bag after use, seal with tape, and then seal in a plastic bag for later disposal.

Laundering

Laundering with high heat is an effective method to treat items that can be placed in washing machines or dryers. Until the items can be laundered, gather clothes, linens, backpacks, or other items and seal in a plastic bag to decrease the chance of spreading bed bugs. For items that cannot be washed, place in the dryer for 30 minutes at the highest temperature the item can withstand.

If you see it - Kill it!

Bed bugs are soft-bodied insects and can be easily killed. Killing bed bugs when you notice them along with active surveillance, vacuuming, and laundering will help reduce the number of bed bugs in your home.

Protection

Making your bed an island is an effective way to keep you safe at night. Bed bugs cannot jump or fly, so pulling your bed away from the wall limits the contact surfaces bed bugs can use to make it on your bed. Installing interceptor traps under furniture/bed legs will help you detect bed bug problems early and keep bed bugs out of the bed. If you are dealing with a larger bed bug problem, purchasing clear tote bins with secure lids is a great way to keep frequently traveled items such as backpacks and purses safe while in the home.

Avoid self-application of pesticides

Self-application of pesticides can be harmful to you and your family. Sprays and foggers sold at the local store have been shown to have little effect on killing bed bugs and instead may drive the bed bugs into adjacent units, making treatment and prevention efforts more difficult. You should inform your landlord so a pest management professional can be consulted.

Communication

If you don't communicate the problem, you can't receive assistance in remediation. Building a good relationship with neighbors, landlords, and property managers will help all parties involved identify, diagnose, and treat the problem before it becomes more difficult to handle. Bed bugs are far more common than most people realize and by communicating and working together bed bugs can be more effectively eliminated.



Bed Bugs are flat, reddish brown insects about the size of an apple seed.

Bed bugs are drawn to body warmth and carbon dioxide from our respiration.

They're primarily active at night and tend to hide from light. They can be found on bed frames, box springs, mattresses, pillows, headboards and nightstands. They can be found in sofas, chairs, and other furniture.



Bedbug Law

New Hampshire has a bed bug law and all tenants should become educated on what their rights are under the law.

To read the full Bed Bug Law:

<https://bit.ly/2ZmfJAa>

Resources

Bed Bug Basics:

www.epa.gov/bedbugs

City of Nashua Environmental Health Dept:

www.nashuanh.gov/1110/Bed-Bugs



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