

# Bed Bugs are back!

TENANT INFORMATION FLYER

ISSUE ONE

Do you see small, pin-prick sized, dark brown/black specks (drops of blood) on your sheets or mattress?

Are you getting bug bites while you sleep?

Have you seen this bug on or near your mattress or other sleeping area?



ENLARGED VIEW OF BED BUG

If you answered YES to any of the questions above, you may have bed bugs in your home! Take the following steps:

1. Call your landlord so that he/she can notify the proper pest control operator. The pest company will inspect your home and, if needed, begin treatment of your home.
2. Put all clothing and bedding in a sealed plastic bag. Wash in hot water and dry in a dryer on high heat (at least 140 degrees) for at least 20 minutes. Put cleaned items in new, sealed plastic bag. Keep away from the infested area until chemical treatment is complete.



3. Cover your mattress and box spring with a bed bug proof mattress cover. If you can only afford one, encase the box spring.

4. Vacuum your mattress, headboard, box spring, bed frame and floors daily and empty the vacuum cleaner after each use. Put the vacuum cleaner bag in a sealed plastic bag and put it outside in the trash. To save money, you can put the vacuum cleaner bag in a sealed plastic bag in your freezer and re-use it!



5. Place bed bug traps under the feet of your beds and other infested furniture such as sofas and upholstered chairs.
6. If you throw out furniture, take it to the waste management facility immediately. Or call for immediate pickup. Write BED BUG INFESTED or TRASH

on the item in HUGE letters with spray paint or a marker. You don't want to infest someone else's apartment with bed bugs.

Call 211 for more info!

7. Clean up all clutter. Keep stuff off the floor. Don't store things under the bed.
8. Do not buy bed bug sprays from local hardware stores. They do not work and they waste your money. A pest control operator is the only person that can effectively treat for bed bugs.



We come from many different backgrounds, but we all have one thing in common: the desire to help keep NH bed bug free!

**To prevent bed bugs,**  
please review the reverse side of this flyer!



# Prevent future infestations of your home.

## These simple steps can help

- NEVER pick up discarded furniture from the street, alley or near a dumpster.
- When purchasing a second hand mattress, sofa or bed, ask the seller if the item has ever been stored or used in an apartment with bed bugs. If yes, DO NOT BUY IT. Inspect the item yourself for any sign of bed bugs or eggs.
- When staying in a hotel, remove the headboard and carefully inspect the back and support. Strip the bed and check the mattress and box spring for any sign of blood or bed bugs.
- Wash all clothing and bedding, dirty and clean, in hot water, immediately after

returning from a trip. Dry in a dryer on high heat (at least 140 degrees) for at least 20 minutes. Vacuum all luggage. If possible, wash and dry on high heat for at least 20 minutes.



*New Hampshire communities  
working together to fight  
bed bugs*



## Bed Bugs 101

**Bed Bugs can live anywhere!** Bed bugs don't care if you are wealthy or low-income. And they don't care if your house is dirty or clean, large or small. Bed bug infestations occur in the most expensive hotels, multi-million dollar estates, homeless shelters and everything in between.

**It is easy to spread a bed bug problem to a new location.** A bed bug infestation begins when the bugs or eggs are brought in from an infested environment to a previously un-infested one. Some examples include having guests visit who bring bugs with them in their clothing, luggage or bedding; purchasing an item or accepting delivery of an item that has bugs or eggs on it; and staying in a hotel that is infested with bed bugs and bringing the bugs home with you in your luggage.

Crowded and cluttered living conditions make it difficult to control or get rid of bed bugs. Bed bugs hide and lay their eggs everywhere. Clutter gives bed bugs many places to hide and protects them from control efforts.