

INFORMATION ABOUT BED BUGS

In the City of Lewiston, if you have bed bugs, take immediate measures as recommended by a licensed exterminator to begin abatement procedures to effectively eliminate the infestation. It is required that a licensed professional exterminator provide, in writing on their letter head, to the City of Lewiston's Department of Planning and Code Enforcement a plan of action to eliminate the infestation by a date certain. The abatement and/or the effective treatment of the infestation must also be attested to in writing on the licensed exterminator's letter head and provided to this office by a date certain. Failure to provide and execute any of the above requirements may result in immediate legal action.

Please contact the City of Lewiston's Department of Planning and Code Enforcement (207-513-312) immediately if circumstances do not permit the timely abatement of this infestation violation or if you have any questions regarding this matter.

BED BUG FACT SHEET

Information provided by Modern Pest Control March 11, 2010

- DO NOT JUMP OR FLY
- DO NOT TRANSFER ANY DISEASES
- WEDGE THEMSELVES IN CRACKS/CREVICES & ONLY COME OUT TO FEED
- ON AVERAGE, 30% OF ADJOINING APTS/HOTEL ROOMS ARE INFESTED
 - BUT STILL GO UNREPORTED
- HUMANS ARE MOST COMMON HOST, PET'S FUR IS A PROBLEM FOR THEM
- HEAT TREATMENT TO 140 DEGREES F* OR MORE KILLS LIVE BUGS & EGGS
 - ONLY ONE TREATMENT NEEDED
 - MUCH LESS SITE PREPARATION NEEDED
 - UNLIKE CHEMICALS, HEAT CAN BE USED ON CRIBS
 - HEAT'S WEAKNESS IS THAT THERE IS NO RESIDUAL
 - COSTLY – 3 TIMES THE AMOUNT OF BOTH CHEMICAL TREATMENTS
 - STARTING AT \$1,200 PER APARTMENT/HOTEL ROOM
- CHEMICAL EXTERMINATION IS DIFFICULT BECAUSE THEY STAY IN CRACKS
 - USUALLY A COMBINATION OF 3 OR 4 PESTICIDES
 - LEAVES RESIDUALS OF 3 TO 6 MONTHS (CONTINUES TO WORK)
 - TAKES AT LEAST 2 SERVICES

- SECOND-TWO WEEKS LATER – AFTER EGGS HATCH
- NORMALLY USE PIPES AND/OR WIRES TO MIGRATE TO OTHER TO ROOMS
- SUCK YOUR BLOOD WHILE YOU SLEEP
 - TAKES FROM 5 TO 15 MINUTES FOR A FULL BLOOD MEAL
 - SINGLE BUG CAN BITE A DOZEN OR MORE TIMES IN A NIGHT
 - LOOKING FOR BLOOD VESSELS CLOSE TO THE SURFACE
 - HOST’S MOVEMENTS DISTURB FEEDING, SO THEY START OVER
 - USUALLY FEED EVERY 2 WEEKS
 - CAN GO UP TO 550 DAYS WITHOUT FEEDING
- “HIBERNATE” IN BELOW ZERO TEMPERATURES THEN RETURN TO FEED
- ONLY 50% OF PEOPLE HAVE ANY REACTION TO THE BITES
 - THEY CAN BE BITTEN DOZENS OF TIMES NIGHTLY AND NEVER KNOW!
- AN IMPREGNATED FEMALE IS PREGNANT FOR LIFE
 - LAYS 3 TO 5 EGGS EVERY DAY
 - HATCHLINGS BITE JUST LIKE AN ADULT
 - THEY CAN PROCREATE IN AS LITTLE AS 5 WEEKS
- DON’T NORMALLY TRAVEL ON PEOPLE
 - THEY LACK THE APPENDAGES TO HOLD ON TO SKIN OR HAIR
 - NORMALLY TRAVEL IN LUGGAGE, BACKPACKS, HANDBAGS, ETC.

How to Prepare

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The key to successful elimination of Bed Bugs Thermal Remediation is a proven non-chemical method of treating bed bugs. Research has shown that all life stages (adults, nymphs, and eggs) die within minutes at a temperature of 120 degrees. During the thermal remediation process, temperatures in your home will be from 120 degrees and 140 degrees. These are lethal temperatures to bed bug populations but not hot enough not to damage most things.

A successful heat remediation is a partnership between the occupant and Modern’s heat remediation team. Our goal is to eliminate the bed bug and its eggs. The goal is more likely to be reached if you are able to help in the preparation. Please use these instructions as your guide.

PRE-TREATMENT

A. Information

Your thermal remediation provider will need the following information from you, the occupant:

- How long has it been since the first sighting of a bed bug?

- In what areas of the home are bed bugs being seen? Bedrooms? Living and dining rooms? Kitchen? Bathrooms?
- Are bed bugs feeding in areas other than the bedrooms?
- Do you see bed bugs during the daytime hours?

B. Items that must be inspected by your Modern technician before removing

- Lampshades
- Oil paintings or other
- Family heirlooms and irreplaceable items should be inspected and a determination made as to whether they should be treated.

It will be determined if any of these items need to be treated for bed bugs.

C. Items that must be removed or protected.

- Pets - including fish in aquariums.
- House plants.
- Fresh food – fruits, vegetables, etc.
- Food that melts - chocolate, candy, peanut butter, etc.
- Cell phones, cameras, flashlights and batteries.
- Prescription and over the counter drugs.
- Make-up including lip stick and other cosmetics.
- Wax based items – Candles, wax figurines and fruit, lipstick.
- Anything pressurized - spray cans, fire extinguishers, oxygen bottles, etc.
- Flammables – lighters, lamp fuel, alcohol, solvents, etc.
- Wooden and stringed musical instruments – leave the cases.

Some of the smaller items may be stored in the refrigerator during the treatment.

D. Clothing

The bed bug will seek shelter on and within clothing. To avoid re-introducing bed bugs, any clothing removed from the space before a thermal remediation must be treated before being returned to the treated areas.

- Washing using the hottest water cycle and drying using the hottest dryer setting will treat most clothing.
- Avoid contaminating the freshly washed clothing. Do not return the clean clothing to the container (bag, basket, etc.) it was transported in unless that container was also treated.
- Clothing left in the heated space must be placed in open weave laundry baskets. Clothing must be packed loosely! Tightly packed baskets will prevent lethal temperatures from reaching all items. Do not place clothing or other items in plastic bags.
- Clothing in drawers can be left in place. Except if clothing is tightly packed, then some items must be removed. Also, it may become necessary to remove the drawers from dressers to help with the air movement.
- Clothing on hangers may be left in closets if the space between the items is large enough to allow the heated air to circulate. Arrange hanging items to open up air space between them.

E. Larger fabric items

Linens, towels, blankets, etc. should be left in the area being heated, as they are likely to shelter insects. Place these items in open weave laundry baskets. Pack the items very loosely to allow for air circulation. Do not pack in plastic bags.

F. Papers, smaller items, etc.

A thermal remediation treatment requires moving large amounts of air to be successful. All items that can be blown around and possibly damaged need to be protected.

- Loose papers need to be gathered and stored in open containers.
- Glass items, knick-knacks etc. will need to be secured. Do not leave breakable items on shelves or other areas where damage could happen.
- Pictures, paintings, and other wall mounted items will need to be taken down to prevent damage.

G. Electronics

Televisions, computers, video players, stereos, etc. are a hiding place for bed bugs; do not remove electronics from areas being heated.

- Switch all electronic appliances to the off position.
- Disconnect all electronic appliances by unplugging from the wall outlet.

H. Waterbeds and airbeds.

Waterbeds will need to be drained. If the waterbed is not drained, it will prevent the frame from reaching lethal temperatures. Airbeds will need to be partially deflated to avoid damage. Select Comfort type airbeds with an electronic pump must be partially deflated and unplugged from the wall outlet

POST-TREATMENT

Returning to your home

The temperatures will probably be elevated when you return. Higher temperatures are a result of the thermal remediation process and a cool down period will be needed.

- Open windows or turn on air conditioning to aid in cooling.
- During the heat remediation some of your things may have been shifted to get an even heat distribution. They may not have been returned exactly to where they were before the heat remediation.

Damage – Any damage to your possessions must be brought to the attention of Modern as soon as damage is confirmed. With your cooperation, we will be able to successfully eliminate this serious and challenging pest from your home. We hope that your expectations have been met and we thank you for your help.

The following image was retrieved from <http://www.bed-bugs-handbook.com/image-files/bblifecycle.jpg> on 3/11/10

