

BED BUGS

INFORMATION FOR ARIZONA RESIDENTS



BED BUGS HAVE BEEN IN THE NEWS LATELY.

In 2011, Arizona voters passed SB1306 which requires apartment owners to provide educational material to all new and existing residents. This brochure provides tips on how to avoid these pesky, uninvited guests and valuable information on what you should do if you suspect that bed bugs have entered your apartment.

BED BUGS ARE BACK!

For a variety of reasons bed bugs are making a strong comeback worldwide. Bed bugs were believed to be eradicated 50 years ago but populations in the United States have increased by 500 percent over the last few years. The cause of the resurgence is still uncertain but most believe that it is related to increased international travel and the ban of certain pesticides by the Environmental Protection Agency (EPA) in the 1970's.

BED BUGS – FREQUENT TRAVELERS

Bed bug infestations can happen to anyone – bed bugs do not discriminate. There are several ways that dwelling units can become infested with bed bugs. The most common way is for them to be picked up while you travel and stay in temporary lodging (hotels, bed and breakfasts or motels), as they can easily hideout in your luggage. They can be found in used or rehabbed furniture or mattresses as well as second hand clothing. Bed bugs are found where people congregate including hospitals, movie theaters, airplanes, mass transit, laundry facilities as well as libraries.

IDENTIFYING BED BUGS

A common misconception is that bed bugs are not visible to the naked eye. This is false! Bed bugs can be easily spotted. Bed bugs are very small insects that feed mainly on human blood. A newly hatched bed bug is semi-transparent, light tan in color and the size of a poppy seed.



The adult bed bug is flat, has a rusty colored oval body and is about the size of an apple seed. Bed bugs can look like other small household insects including carpet beetles, spider beetles and newly hatched cockroaches (nymphs).



WHAT TO LOOK FOR

To assist with identifying bed bugs look for markings, droppings and eggs. Blood stains, droppings and eggs might be found in several locations including:

- Mattress seams, sheets, pillow cases and upholstered furniture
- Crevices and cracks in furniture
- Toys and stuffed animals
- Clothing

Some people do not react to bed bug bites. For those that do the bite marks may appear within minutes or days, usually where skin is exposed while sleeping. They can be small bumps or large itchy welts. The welts usually go away after a few days but some may have an allergic reaction or may develop an infection due to itching and scratching.



If at any time a bed bug is found in your apartment or if you suspect that your apartment may be infested, contact the management office immediately and in writing as required by state law.

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Bites may resemble a mosquito or other insect bites. Remember, a bump or welt alone does not mean it is bed bugs.

PREVENTION

When traveling, take time to check the mattress and box spring before settling, request a new room if you suspect bed bugs and ask the hotel prior to going to your room if there have been any incidents of bed bugs in your room or adjoining rooms. Use the luggage rack, do not place luggage, shoes or clothing on the floor or furniture. Protect the bed if possible by moving it away from the wall, tucking in all bed sheets, and keeping blankets from touching the floor. Upon returning home, keep your luggage in an isolated area of your apartment. Inspect the luggage (remember bed bugs can also move from luggage to luggage in the airplane cargo area). Wash all your clothing using the hot settings on your washer and dryer.

Do not bring used or discarded furniture into your unit. Bed bug infestations are not limited to beds and mattresses. They can be found in the crevices of tables, drawers and even electronics if these items were located in a bedroom or other place that could support an infestation.

Although even the cleanest apartments can have bed bugs, regular house cleaning, including vacuuming your unit and mattress, can help prevent infestations. Clean up clutter to help reduce the number of places that bed bugs can hide.

WHAT TO DO

If at any time a bed bug is found, discontinue searching and contact the management office immediately and in writing as required by state law. Controlling an infestation requires very detailed work. Careful inspections must be completed to determine if you have a bed bug infestation and a pest control company and property management will determine an appropriate treatment and remediation method. You will have to actively participate in the remediation of bed bugs and follow the protocol set up

by the management. Do not automatically throw out your mattress, bedding, furnishings or clothing as these infested items can be treated. Do not attempt to treat bed bugs yourself, Arizona law prohibits anyone other than a licensed pest control applicator from applying pesticides in a rental unit including over-the-counter products. **In other words, leave it to the professionals and call the management office immediately!**



OTHER FREQUENTLY ASKED QUESTIONS

Q: Can I get sick from bed bugs?

A: According to the US Centers for Disease Control and Prevention, bed bugs are not known to transmit disease to humans. Bites can be itchy and irritating but most will heal on their own in a few days.

Q: Do bed bugs come out if the room is brightly lit?

A: While bed bugs prefer the darkness, keeping the light on at night will not deter bed bugs from biting you.

Q: What do I do if I suspect that I have bed bugs in my apartment?

A: Notify the management office immediately in writing and in person and ask for an inspection.

This informational guide is to serve as an educational guide for new and existing multi-family residents as required by A.R.S. § 33-1319(A). This guide is for educational purposes only and may not reflect the individual policies or viewpoints of any individual management company, their representatives or their employees.

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According to the US Centers for Disease Control and Prevention, bed bugs are not known to transmit disease to humans; however, bites can leave small bumps or large itchy welts.