

## Bedbug Information

Residents have an important role in preventing and controlling bed bugs. While the presence of bed bugs is not always related to personal cleanliness or housekeeping, good housekeeping will help control the problem by identifying bed bugs, minimizing an infestation, and limiting its spread. It is important to underscore that travelers are mainly responsible for the transfer of bed bugs.

Residents can help prevent bedbugs from spreading by doing the following:

- **Check for hitch-hiking bed bugs.** If you stay in a hotel or another home, inspect your clothing, luggage, shoes, and belongings for signs of bed bugs *before* you enter your apartment. Check backpacks, shoes, and clothing after visits to friends or family, theaters, or after using public transportation. After guests visit, inspect beds, bedding, and upholstered furniture.
- **Remove clutter.** Bed bugs like dark, concealed places, such as in and around piles of clothing, shoes, stuffed animals, laundry, especially under the bed and in closets. Reducing clutter also makes it easier to carry out good housekeeping.
- **Keep the unit clean.** Vacuum and dust regularly, particularly in the bedroom, being especially thorough around and under the bed, drapes, and furniture. Use a brush attachment to vacuum furniture legs. Headboard, and in and around the nightstand. While cleaning, look for signs of bed bugs, and report these immediately.
- **Arrange furniture to minimize bed bug hiding places.** If possible, keep beds and upholstered furniture several inches away from the walls. Bed bugs can jump as far as three inches.
- **Cover mattresses and box springs with zipped covers that are impermeable to bed bugs.** These are relatively inexpensive, and can prevent bed bugs from getting side the mattresses, their favorite nesting spot. The covers will also prevent any bed bugs inside from getting out; they will eventually die inside the sealed cover (though this may take many months). Thicker covers will last longer.
- **Avoid using appliances, electronics and furnishings that have not been thoroughly inspected for the presence of bedbugs.** Make sure that the electronics, appliance, or furniture company has establishes procedures for the inspection and identification of bedbugs or other pests. This process should include inspection of trucks used to transport appliances, electronics, or furniture. Never accept an item that shows signs of bedbugs. Never take discarded items from the curbside.
- **Report any maintenance needs immediately.** Bed bugs like cracks, crevices, holes, and other openings. Request that all opening be sealed to prevent the movement of bed bugs from room to room.
- **Report any signs of bed bugs immediately.** Do not wait. Even a few bugs can rapidly multiply to create a major infestation that can spread from unit to unit.

*For more information about bedbug identification and infestation, please visit:*  
[www.cdph.ca.gov/HealthInfo/discond/Documents/bedbugbite.pdf](http://www.cdph.ca.gov/HealthInfo/discond/Documents/bedbugbite.pdf)