

## 2015 Cuyahoga County Bed Bug Conference

Presented by the *Cuyahoga County Bed Bug Task Force*



**Thursday, November 5, 2015**

**Registration 8:00 am – 8:50 am**  
**Conference 8:50 am – 4:00 pm**



CEU applications are pending for registered sanitarians, pest control operators, and nurses.

The Cuyahoga County Bed Bug Task Force (CCBBTF) invites you to attend the 2015 Cuyahoga County Bed Bug Educational Conference. **This conference is open to the public.** Please join Dr. Susan Jones, Ohio State University, and Jeff White, Bed Bug Central, along with local experts while they provide a wide variety of perspectives on topics including:

- Bed Bug Basics – How To Identify, Prevent & Control Them
- Bed Bug Management Strategies That Work
- What NOT to Do if You Have Bed Bugs
- Who is Responsible for Treatment & Protecting Yourself
  - Bed Bug Liability (Landlords & Tenants)
- Bed Bug Protocols & Procedures (**Break Out Sessions**)
  - Multi Dwelling Units, Social Services/Home Visitations, Nursing Homes/Assisted Living/Medical Facilities, and The Workplace - Office & School Buildings

The conference will be held on **Thursday, November 5<sup>th</sup>** at the **Grace Christian & Missionary Alliance Church, 7393 Pearl Road, Middleburg Heights, Ohio, 44130.** Parking is free.

The conference registration fee of **\$15.00** per person includes a boxed lunch and beverage. Space is also available for conference exhibitors. **To pre-register for the conference using a credit card, visit [www.cuyahogabedbugs.org](http://www.cuyahogabedbugs.org).** The pre-registration deadline for the conference is Friday, October 30<sup>th</sup>. Although limited registration will be available at the door, we urge you to sign up ahead of time. Additional conference information and registration forms for attendees and exhibitors are also available at [www.cuyahogabedbugs.org](http://www.cuyahogabedbugs.org). Although on-line registration is preferred, those who can't register electronically can send your registration and a **\$15.00** check or money order (made payable to ***Cuyahoga County Bed Bug Task Force***) to:

**Cuyahoga County Bed Bug Task Force**  
**Attn: Bed Bug Conference**  
**3561 W. 105<sup>th</sup> St.**  
**Cleveland, Ohio 44111**

**NOTE:** A small processing fee will apply to all electronic registrations

**Questions?** Contact the Cuyahoga County Board of Health at (216)201-2000 x-1241 or x-1264 with any questions about the conference or registration.

## BED BUGS: IDENTIFICATION, INSPECTION & TREATMENT



Public health officials and pest control operators in northeast Ohio and across the country are responding to a significant increase in bed bug complaints. Bed bugs were once thought to be pests found only on bedding in homes, apartments, and rooming houses. Now they are being found in office buildings, retail stores, hospitals, dormitories, nursing homes, libraries, movie theaters, buses, or any other place where people gather. Economically, bed bugs can be a challenging and very expensive pest to control. The Center for Disease Control (CDC) and the Environmental Protection Agency (EPA) have even declared that the bed bug is now a “*pest of significant public health importance*”.



### Identifying Bed Bugs

- Bed bugs are small, flat, oval, reddish-brown, wingless insects that feed primarily on the blood of humans and other mammals.
- Adult bed bugs are approximately ¼ inch long, about the size of an apple seed. Young bed bugs (nymphs) are quite small and when unfed they appear lighter and almost clear in color.
- Bed bugs do not fly or jump. However, they can crawl very fast.
- Female bed bugs can lay up to five eggs a day and five hundred during a lifetime.
- They are excellent hitchhikers and are easily spread by moving beds, furniture, luggage, or clothing from one location to another.
- Anyone who comes in direct contact with bed bugs or their eggs can unknowingly carry them into their home or workplace.



**Bed bug eggs and cast skins**

### Bed Bug Bites

- Bed bugs are primarily a nuisance to humans and are not known to transmit disease.
- Bites can cause welts which may become infected by excessive scratching.
- Bed bug infestations can cause anxiety as well as psychological and emotional stress.



**Fecal spots by outlet cover**

### Signs of a Bed Bug Infestation

Usually the first sign of a bed bug infestation is the appearance of red itchy welts on any bare skin that is exposed while sleeping. You may also find small black or rusty colored spots on your bed linens, pillow, or mattress. These are blood spots and bed bug droppings. Be aware that not every welt or bite on your body is due to bed bugs. If you have questions about bite marks and you cannot confirm the presence of bed bugs be sure to consult with your medical provider.



**Welts from bed bug bites on arm**



**Blood stains and fecal spots on a mattress**

### Inspecting for Bed Bugs

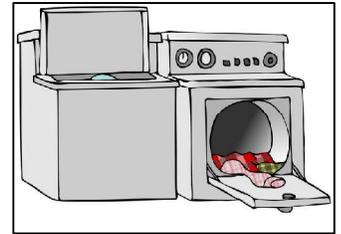
Bed bugs hide close to where people sleep. They prefer fabric, wood, and paper surfaces over metal or plastic. Look for live bed bugs, eggs, cast skins, and blood or fecal spots in these locations:

- |  |  |   |   |  |
|--|--|---|---|--|
| <input type="checkbox"/> mattresses            | <input type="checkbox"/> recliners             | <input type="checkbox"/> electrical outlets | <input type="checkbox"/> back packs           | <input type="checkbox"/> stuffed animals         |
| <input type="checkbox"/> box springs           | <input type="checkbox"/> baseboards            | <input type="checkbox"/> telephones         | <input type="checkbox"/> luggage              | <input type="checkbox"/> hollow furniture legs   |
| <input type="checkbox"/> head boards           | <input type="checkbox"/> behind pictures       | <input type="checkbox"/> radios             | <input type="checkbox"/> futons               | <input type="checkbox"/> door frames & hinges    |
| <input type="checkbox"/> bed frames            | <input type="checkbox"/> under loose wallpaper | <input type="checkbox"/> televisions        | <input type="checkbox"/> gym bags             | <input type="checkbox"/> wall / ceiling junction |
| <input type="checkbox"/> upholstered furniture | <input type="checkbox"/> draperies             | <input type="checkbox"/> stacks of books    | <input type="checkbox"/> draperies & curtains | <input type="checkbox"/> carpet edges            |
|  |  | <input type="checkbox"/> piles of papers    |   |  |

## **Treating Bed Bug Infestations**

Complete elimination of a bed bug infestation can be a difficult process and may require the services of a knowledgeable and licensed pest control operator. It may take several or more treatments to gain control over an infestation. If you choose to “do-it-yourself” be sure to only use pesticide products that are labeled to kill bed bugs. Remember to always read and follow the label directions before applying any pesticide product. Here are some additional tips and hints to help you get rid of bed bugs:

- Reduce and eliminate clutter. Don't keep piles of clothes, boxes, toys, shoes, etc. on the floor, under the bed, or in closets. They are prime hiding places for bed bugs.
- Wash infested bedding and clothing in hot water and then dry on a hot setting for at least 30 minutes (120° F or above).
- Encase an infested mattress and box spring in a zippered cover that is labeled and certified “bed bug proof”. Leave the covers on for at least one full year.
- Vacuum your home thoroughly and often. Pay particular attention to the area around the bed and the bed itself. Place the vacuum cleaner bag or contents in a zip-lock plastic bag and discard it in the trash outside.
- Getting rid of bed bugs is a cooperative effort. Follow all recommended preparation guidelines provided by the pest control company prior to each treatment.
- Pesticides labeled to kill bed bugs are available over the counter and may provide effective control. However, if the problem persists or if you're dealing with a heavy infestation, it is recommended that you contact a knowledgeable, experienced, and licensed pest management professional for assistance.
- Since bed bugs are difficult to control, you should plan on several extensive treatments to eliminate an infestation.
- DO NOT USE “Bug Bombs”. These products may kill on contact but they are ineffective against well hidden bed bugs. They may make the problem worse by scattering the bugs throughout your home or apartment.
- If you live in a rental unit and suspect an infestation, contact the building manager or landlord to advise of the problem. Property owners should contact a professional pest control company for advice and assistance. You can also contact your local health department for assistance.



**Wash sheets and blankets in hot water and dry them thoroughly in a hot dryer before making up your bed**



**A zippered bed bug proof cover can help protect against bed bugs**



**Do not use foggers or “bombs”**

## **Preventing Future Infestations of Bed Bugs**

- Do not bring discarded bed frames, mattresses, box springs, or upholstered furniture into your home.
- Carefully inspect used or rented furniture prior to bringing it into your home.
- Place any recently purchased clothing, whether new or second hand, into the dryer on a hot setting for at least 30 minutes.
- When traveling, inspect the bed, headboard, and furniture upon arrival. Keep suitcases off the floor and bed and inspect them before you leave. Wash and dry all clothing thoroughly when you return home.
- Caulk and seal any cracks and crevices throughout your home, especially in rooms where people sleep.
- Be careful who you let stay overnight or sleep on your couch. Likewise, be mindful on whose couch or bed you sleep. Inspect your child's backpack, stuffed animals, and other personal belongings if they have slept or stayed overnight at another's home or apartment.

