



Here are some tips to help keep bed bug free while on the job (especially while working where bed bug infestations are suspected)!

- 1) Know your enemy! Do a little internet research to brush up on what bed bugs look like from eggs to adult, as well as fecal staining and cast skins.
- 2) **Bed bugs are excellent hitchhikers but will not (typically) readily leave safe harborage unless:**
 - A) pesticides (especially store bought) have been recently applied
 - B) items in unit where bed bugs are harboring are being moved (box springs, mattresses, and bed frames especially) or disassembled
 - C) there is a high infestations in a unit prompting bed bugs to search for areas with less competition for food (blood)
- 3) While working in units or areas suspected of bed bug activity, refrain from brushing up against or (generally) spending time on the furniture. If your job entails spending time in people's homes (home visits), choose to sit in the kitchen with your client instead of the living room. When possible, choose a metal or plastic chair to sit on instead of an upholstered or wooden one. Although bed bug will certainly harbor on plastic and metal items, generally they offer less harborage (nooks and crannies) and they aren't the bugs preferred material to spend time on.
- 4) If working out of a tool bag, it's better to bring the tools you need into an infested apartment than the entire bag. This will prevent any bugs from getting into the bag while you're working. If you need to bring the entire tool box or bag into the unit, put it down in an area which is away from beds and furniture (the floor of the bathroom is always a good option). The same goes for purses. If you don't need to bring it in, leave it in the car. If you do need your purse, leave it on the counter or the kitchen table rather than on the floor. The main goal is to keep it away from areas where bed bugs typically harbor (couches, upholstered chairs, bureaus, etc).
- 5) When moving furniture/items that may contain bed bugs it is best to place them in a garbage/contractor bag (or plastic of some sort) before transporting them. This will both help prevent bed bugs from crawling onto you while you are holding the item as well as help prevent them from falling off and infesting new areas of the building.
- 6) If you think bed bugs might be on your clothing, promptly put them in the dryer on high heat for a minimum of 45 minutes. Intense heat is a very effective killer of bed bugs.

If these steps are followed it will greatly reduce the likelihood of bringing bed bugs back to your home when your work day has ended. If you have any questions please feel free to let me know!