

## **caa**

Columbus Apartment Association  
1225 Dublin Road; Columbus, OH 43215; 614.488.2115; www.caahq.com

# **Integrated Pest Management Plan**

Bed bugs are a growing problem throughout the United States and the world. The problem has been intensified by increased travel and decreased use of pesticides. Chemicals that all but eradicated bed bugs have been banned for environmental and health reasons. Across the U.S. bed bugs have recently been found in five-star hotels, cruise ships, college residence halls, hospitals and virtually all other types of housing...including apartment housing.

Eradicating bed bugs is more difficult and a more costly than dealing with other types of pests. Residents inadvertently bring bed bugs home with them when they go away for vacation and/or business. Moving from one apartment community to another can also help spread the problem. Traditional pest control methods, which emphasize the routine application of pesticides often ignore the root causes of infestations, allowing bed bug populations to persist. Effective management and treatment involves the commitment of both the resident and the landlord. Our Integrated Pest Management Plan promotes the prevention of infestation through education of inspection and preventative measures, better sanitation methods, and application of chemicals to targeted sites, with the overall goal of making your home a better place to live.

### **What are Bedbugs?**

Adult bed bugs are about 1/8 of an inch long with reddish-brown, oval flattened bodies. The nymphs resemble the adults but are smaller and lighter in color. They are wingless and they crawl. Like mosquitoes they bite humans to feed on blood, but unlike mosquitoes, they are not known to transmit disease. They feed mostly at night when their host is asleep. The bite is painless and typically leaves a small, hard, swollen white welt. Rows of three or so welts on exposed skin are characteristic signs of bed bugs. Welts do not have a red spot in the center such as is characteristic of flea bites.

### **Inspection/Prevention**

Our IPM is a part of your lease agreement. Your apartment has been thoroughly inspected prior to your occupancy and found to be bed bug free. Upon signing a new lease or renewal, you will be requested to make a thorough inspection of your current home and all personal belongings. You will also certify to your landlord, that after a good faith inspection of your personal property and current residence, that you do not have a bed bug infestation. Since bed bugs are brought into a building by "hitchhiking" on the belongings of residents, our IMP requires that all residents take an active role in preventing bed bugs from entering the premises, including, but not limited to, the following:

- \* **Learn to identify bed bugs.** There are many good resources on bedbugs. <http://ohioline.osu.edu/hyg-fact/2000/2105.html> , [www.hsph.harvard.edu/bedbugs/](http://www.hsph.harvard.edu/bedbugs/) , [www.nysipm.cornell.edu/publications/bed\\_bugs/files/bed\\_bug.pdf](http://www.nysipm.cornell.edu/publications/bed_bugs/files/bed_bug.pdf) Also be on the lookout for signs of their presence such as blood spots on your sheets or an unexplained "rash" on your body.
  
- \* **If you discover or suspect bed bugs, immediately contact your manager.** Do not attempt to eradicate them yourself. Successful treatment must be carried out by a trained professional.
  
- \* **Periodically inspect in and around your bed.** Studies have shown that 70% of a bed bug's hiding spots were associated with bedding (35% box springs, 22% mattress, 13% bed frames and headboards). Check for blood spots on your sheets, lift bedding and mattress. Check in seams, between bed posts and slats, and behind headboards. Use a flashlight at night.
  
- \* **Couches and Recliners:** Check seams, lift cushions, remove dust covers, use a flashlight at night. Sofas and reclining chairs harbor 23% of bed bugs in this same study.
  
- \* **Inspect baseboards, night stands, dressers, molding and shelving.**
  
- \* **Inspect backpacks and suitcases.** Bed bugs can hide in backpacks and suitcases. Check seams and pouches throughout these items for bed bugs or eggs. Do not place your backpack or suitcases on or under your bed.
  
- \* **Don't bring second hand furniture items into your home unless the item has been thoroughly inspected by a knowledgeable person or certified as bed bug free.**
  
- \* **Run the vacuum on all carpet areas.** Utilize a crevice tool to get much of the debris as possible from crevices. Vacuum Bags should be removed from the vacuum outside and sealed in a plastic bag and disposed of outside of the building.
  
- \* **Clean and reduce the clutter in your bedroom to eliminate places for bed bugs to hide.**
  
- \* **Wash clothes and linens frequently in hot water and dry in a hot dryer.**
  
- \* **When traveling, take the same precautions on the road.** Inspect the bed you will be using as described above. Check the room, under the bed. Don't put your suitcase or backpack directly on your bed. Whenever possible, elevate them on a luggage rack. Before returning home, inspect your clothes and other items before packing. Check crevices in suitcases and backpacks. When you return, re-check all traveling gear and items

Columbus Apartment Association Copyright 2008. Permission for duplication & use to CAA members exclusively.  
when you unpack. Don't put your suitcase or backpack on or under your bed.

- \* **Get plastic or vinyl bed covers and seal zippers with tape.**
  
- \* **Notify landlord;** Residents shall report any infestation or suspicion of infestation immediately upon discovery to the landlord. Resident understands that the cost of extermination, and possibly the invasiveness of extermination, will be greatly reduced if the infestation is reported as early as possible.

We hope that the information in this fact sheet provides you with a better understanding of this problem, the actions management is taking to address it, and the things the resident and management must do to help.