

What is IPM?

Integrated Pest Management (IPM) includes:

- Prevention; including taking travel precautions and looking for signs of bed bug introduction
- Routine inspection
- Identification
- Selection of the least health-risk controls
- Ongoing monitoring to make sure control strategies continue to work



The Human Bed Bug

Mike Thomas CAES

IPM is more effective and safer because it:

- Addresses the cause of infestation
- Gives bed bugs fewer opportunities to establish colonies
- If pesticides are needed, products are chosen and applied by professionals to specifically target bed bugs
- IPM protects you, your family, and the environment from unnecessary pesticide application, allergens, and pests

Renters: If you suspect bed bugs, immediately report to your landlord. Get professional identification. In Connecticut, landlords are expected to control bed bugs with the assistance of trained Pest Management Professionals and tenant cooperation.

Homeowners: If you suspect bed bugs, get professional identification. If bed bugs are confirmed, hire a Pest Management Professional and cooperate with them in a partnership.

Resources

National Pesticide Information Center

1-800-858-7378

<http://npic.orst.edu>

Northeastern IPM Center

<http://www.stoppests.org/for-residents.htm>

Local Health Departments

https://www.han.ct.gov/local_health/localmap.asp

CT Department of Public Health

860-509-7660

Webmaster.dph@ct.gov (type 'bed bug' in subject box)

The CT Agricultural Experiment Station

203-974-8600 **(Identification)**

<http://www.ct.gov/caes>

gale.ridge@ct.gov (type 'bed bug' in subject box)

Pesticide Enforcement & Certification

Diane.jorsey@ct.gov (type 'bed bug' in subject box)

State of CT Division of Criminal

Justice Housing Session **(Law)**

New Haven: 203-773-6755

Bridgeport: 203-579-7237

Hartford: 860-756-7810

New London: 860-443-8444

Judith.dicine@ct.gov (write 'bed bug' in subject box)

The original brochure was developed by the National Center for Healthy Housing (www.nchh.org) with funding from the Northeastern IPM Center. It was modified for bed bugs by Dr. Gale E. Ridge at The Connecticut Agricultural Experiment Station .

Got Bed Bugs?



Use the Integrated Pest Management (IPM) approach!

- Prevent bed bugs by taking precautions such as when travelling, in social settings, and moving personal effects and articles
- Inspect for bed bugs regularly
- Cleaning, monitoring, and cooperation
- Eliminating bed bug infestations requires the services of a licensed Pest Management Professional

Bed bugs feed on human blood, often at night when people sleep. They do not spread disease causing pathogens. Bites can be irritating and their presence may cause stress and anxiety.

Bed bugs can be controlled!



Connecticut Coalition Against Bed Bugs

How to use IPM effectively for bed bugs:

Step 1: Education

Learn to identify bed bugs and their signs:

- **Adults:** chestnut brown to amber, oval, flat, and lentil seed size (¼ inch)
- **Nymphs (young):** look like little adults
- **Eggs:** small, white, barrel shaped, and sticky
- Bed bugs cannot fly or jump, they walk
- Bed bugs are usually active at night and are shy
- Bed bugs are gentle quick feeders and defecate brown spots
- Bed bugs hide in cracks and crevices, near beds and/or favorite seats or couches etc.
- If you find something you suspect is a bed bug, bring it to a professional for identification. Carpet beetles, fleas, ticks, lint, lice, and cockroaches etc. can be mistaken for bed bugs
- Bed bug presence is not an indication of dirtiness, nor should it be considered shameful. Bed bugs do not select people based on cleanliness, race, or socio-economic status

Step 2: Prevention

- **Never** bring home discarded or abandoned articles e.g., mattresses, box springs, furniture, which may be infested with bed bugs
- **Be careful when purchasing** used furniture, appliances, and/or articles. Immediately clean or launder items and inspect furniture before bringing them into the home or apartment
- **Travel precautions** include using heat tolerant clothing, hard luggage, inspection of hotel beds, keeping clothing away from bed on racks or shower rails and immediate cleaning and laundering on arriving home

Step 3: Cooperation

- **Cooperation** between landlords/tenants, homeowners, and Pest Management Professionals is vital in identifying and controlling bed bug infestations.

Infestations are easiest to eliminate when they're caught early

- **Professionals should be licensed and experienced** with bed bug management. A licensed Pest Management Professional should be the only person to use pesticides.

Step 4: Management

- Reduction of anxiety and social stigma
- Proactive inspection by citizens if they know what to look for, and/or proactive inspection by certified bed bug sniffing dogs and/or a Pest Management Professional technician is good policy
- Cleaning and clutter reduction
- Passive monitoring with bed bug traps and barriers on bed feet
- Mattress and box spring encasements
- Heat and/or cold treatments
- Post bed bug treatment inspections
- Current homeowner pesticides including, sprays and foggers may not be totally effective against bed bugs because of pesticide resistance by the insects and their behavior. Bed bugs hide in cracks and crevices where homeowner pesticides can not reach. Eliminating bed bug infestations requires the help of a licensed Pest Management Professional

Everyone must communicate

Bed bug look-a-likes



Tick



Louse



Lint/Fluff



Carpet Beetle



Spider Beetle



Flea