

BEDBUGS INVADEN SAN FRANCISCO [P. 15]

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public health

Bedbugs are back

Tiny, tough parasites are spreading through San Francisco.
By Camille T. Taiara

The New York Times
nytimes.com

November 27, 2005

Just Try to Sleep Tight. The Bedbugs Are Back.

By ANDREW JACOBS

San Francisco Chronicle

SUNDAY, NOVEMBER 27, 2005

Bedbugs land in N.Y. and bite even the rich

BEDBUG ALERT

It is **URGENT** that you read this information and educate yourself regarding this epidemic. Recent articles have appeared in the New York Times, San Francisco Chronicle and S F Bay Guardian. This problem was also featured on an intensive & informative segment of KRON 4 – 9 PM News the week of January 9th.

Communication, cooperation & control are operative words. Tenants must communicate & cooperate with property management in order to control the spread of this insect. **Notify management immediately of any of the following:**

- 1. Small, brownish, flat insects, slightly smaller than a lady bug but have no wings.*
- 2. Bites that you may experience, especially during the night, causing itching & welts on hands, arms or other parts of the body exposed while sleeping.*
- 3. Small reddish blood spots on sheets or seams of mattress or box spring marked by darkened spotting or staining.*

DO NOT ATTEMPT TO ERADICATE them on your own, usual household bug sprays will only make the problem worse. If you see a bug & can capture it, please do so and put it in a sealed plastic bag & put it in the freezer so we can have pest control check it. **PROTECT** yourself by frequent laundering of bedding, vacuuming, **ELIMINATE CLUTTER** especially around or under the bed. **Whatever can be bagged & sealed should be.** It's recommended to bag the box spring & mattress, the box spring with a plastic cover and the mattress and pillows with dust mite covers. The plastic covers are about \$4-\$6 & dust mite mattress covers are about \$30-\$35, those can be found in Bed Bath & Beyond or JC Pennys. It's important to create an **inhospitable** environment. **DO NOT** bring used mattresses, headboards (especially wood), sofas, etc. to your apartment.

It's recommended to bag & seal your luggage when returning from a trip and place it in a cold place, immediately laundering all contents. The bugs can hitch a ride on your luggage from hotels & luggage compartments. Visitors can bring them in their luggage, they can travel in moving vans with belongings, or on trucks that improperly dispose of infested mattresses and also transport furniture for multiple clients. To further educate yourself go to www.uky.edu/Agriculture/Entomology, University of Kentucky website or type in bedbugs online and you will find a lot of information.

January 2006