

Manage the Risk of Bed Bugs

- No furnishings or mattresses should be brought into the building, especially items discarded on the street.
- Properly dispose of any infested items - indicate "BED BUGS" on the items.
- If you have reason to believe you may have brought Bed Bugs home from another location:
 - Seal your clothing in a plastic bag; wash in hot water and/or dry on high heat for at least 20 minutes.
 - Seal shoes and other items in a clear plastic bag and consult staff.
- Wash all linens at least once a week.
- Seal all cracks and crevices in your walls, base boards, bed frame.
- You were provided a mattress and or box spring encasement.
 - DO NOT remove the encasements. If ripped or punctured, notify staff immediately to obtain a replacement.



- Keep your room tidy and free of clutter.
 - Excessive clutter affords Bed Bugs numerous hiding places making inspections and subsequent detection difficult.



- Monitor Bed Bug moats for activity - Keep them clean and notify staff immediately if Bed Bugs are trapped in the moats.
- Remove bed skirts and try to keep beds approximately 4" away from the walls.



Bed Bugs - Identification and Prevention

This step-by-step guide will help you learn about Bed Bugs and assist you in the correct identification and prevention of a Bed Bug infestation.

What are Bed Bugs?:



- Bed Bugs are small, wingless, oval-shaped insects with horizontal ridges along their backs.
- Bed Bugs are quite flat however they can become bloated after a blood meal.
- Bed Bugs feed on the blood of humans - they will feed on pets and rodents if no human host is available however a human host is their prime food source.
- The adult Bed Bug is brownish in colour and about the size of an apple seed.
- Bed Bugs that have yet to reach adulthood (Nymphs) are more translucent, appearing more reddish in colour after a blood meal.
- Bed Bug eggs are white, usually found stuck to a surface in clusters.
- Bed Bugs typically hide near humans during the day, usually within five (5) to ten (10) feet.
- Bed Bugs only leave their hiding places to feed, usually at night.
- While Bed Bugs feed every 5 – 10 days, they can remain in their hiding places and lay dormant without feeding for many months, in some cases for up to one year.
- The life span of a Bed Bug is approximately 12 to 18 months during which time a female Bed Bug can lay approximately 200 – 500 eggs.

Where Can I Find Bed Bugs?

- Bed Bugs camp as close as possible to their human host as they are attracted to body heat and exhaled carbon dioxide.
- The most common hiding places include:
 - behind head boards
 - behind baseboards, cracks & crevices in wood items
 - in the seams of the mattress
 - bed frames
 - behind loose wall paper
 - inside small electronic devices (clocks, radio, TV, etc)
 - along the seams & under any upholstered furnishings.
 - inside & behind excessive clutter, paper, fabrics, etc.

Bed Bugs Are Manageable!

Cota is committed to assisting you in keeping your location Bed Bug free. Working in conjunction with Pest Management Professionals (PMP), Cota has developed robust prevention protocols and treatment plans to deal with Bed Bugs.

IMPORTANT:

You will never be penalized in anyway should you experience an infestation of Bed Bugs. Quick action is imperative in our mutual efforts towards eradicating Bed Bugs. If you suspect Bed Bugs INFORM STAFF IMMEDIATELY.

Signs of Bed Bug Infestation:

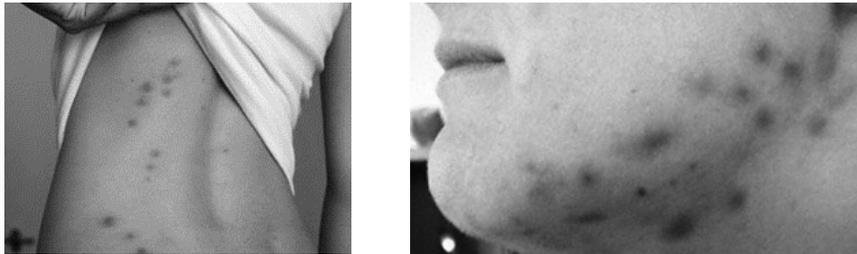
Now that you are more familiar with the appearance of Bed Bugs, along with their habits regarding feeding and hiding places, the following photographs will assist you in confirming Bed Bugs:

Evidence of Bites

Many people show absolutely no signs of having been bitten by Bed Bugs. When feeding, Bed Bugs simultaneously inject an analgesic (pain killer so you do not feel the bite) and an anticoagulant (a blood thinner to keep blood flowing while they feed).

People who do not react to bites may never know they are being bitten and will have to rely on other visual evidence to confirm Bed Bugs..

The photographs below show common reactions and patterns of Bed Bug bites:



NOTE:

Bed Bugs are not known to transmit any disease during feeding as they lack the protein element required to do so. While the bites themselves do not cause health problems, bite areas can become health concerns with excessive itching/scratching.

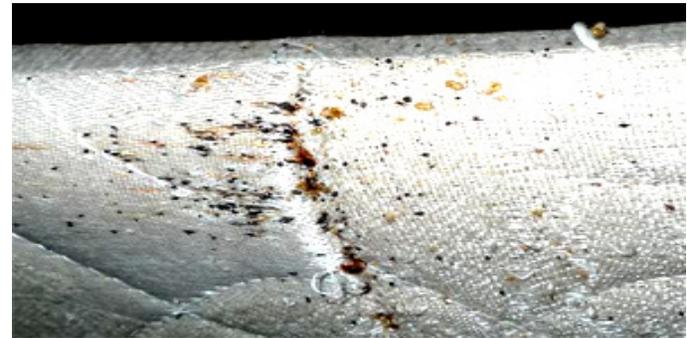
Evidence of Live Bed Bugs

Live Bed Bug hiding along the seam of a mattress:



Evidence of Bed Bug Activity

Evidence of bed bug excrement, blood, moulted Bed Bug exoskeleton shells on mattress:



Evidence of Bed Bug Eggs

Cluster of Bed Bug eggs under upholstered sofa:

