

BED BUG: PREVENTION TIPS

Bed bugs are well known in the hospitality industry; however, because they are adept at hitchhiking, they can end up anywhere at any time, making industries located near highly populated areas more susceptible to a bed bug introduction.

Learn how you can help prevent bed bug infestations with these expert tips.

ID and biology

- Adult bed bugs are usually less than ¼ inch and brown to reddish-brown in color.
- Nymphs are visible, but difficult to see.
- Bed bug eggs are extremely small and pearly white.
- Females lay 10-20 eggs per week, which translates to 500-1000 bed bugs per year.
- Signs of activity include fecal smears (dark mildew-like spotting) on mattresses, box springs, bedding, walls, and other items where they hide.



Where you might see them

- Bed bugs are most likely to appear in sleeping areas and high-traffic areas where humans are present.
- Sleeping areas are the primary location where bed bugs are found: hotel rooms, patient rooms, dormitories, etc.
- Areas where people sit and gather: break rooms, lounges, reception areas and lobbies.
- Locker rooms and employee storage areas.
- Goods, supplies, and equipment may also be prone to bed bug activity, as the pests can hitchhike on things such as incoming goods, vacuums, carts, etc.
- Bed bugs hide in gaps, voids, cracks and crevices, such as in furniture, walls, and spaces in decorative items.

What you can do to help

Make note of any signs, such as eggs, nymphs, fecal smears, or live bed bugs. This will help your pest professional identify potential hotspots.

Tips for prevention

- Inspect items coming into your business. Institute a quarantine period for suspect items and monitor them for activity.
- Seal cracks where bed bugs can hide, especially in high-risk areas.
- Restrict areas where employees can store personal belongings to minimize introduction points.
- Enforce weekly or monthly employee locker clean outs to identify any activity.
- Minimize clutter to reduce bed bug hiding places.
- Use mattress and box spring encasements to protect beds from becoming infested.
- Educate employees on how to identify signs of activity. They are the first line of defense in spotting potential issues.
- Do not overwater mulched areas around a structure.
- Ensure that p-traps are filled with water to ensure they are sealed.
- Use sodium vapor bulbs or LED lights of greater than 550 nm.
- Reduce humidity by using a dehumidifier.

Schedule a free consultation today.
Call 866.649.9016 or contact us online
at assuredenvironments.com.

