

# Bedbugs

## What are bedbugs?

Bedbugs (scientific name *Cimex Lectularius*) are small reddish-brown wingless insects, less than ¼ of an inch long, and shaped like flattened ovals. They usually ride into a home on used or second-hand furniture or luggage. They hide in narrow spaces, including the folds of mattresses, cracks and gaps in furniture, behind hanging pictures or loose wallpaper, under rugs, and behind baseboards. At night, they come out to feed and bite any exposed areas such as the neck, arms, shoulders, and hands. They DO NOT live on the body like lice or fleas. Bed bug infestations can happen to anyone and they ARE NOT CAUSED BY POOR HOUSEKEEPING. They can survive for months in a vacant apartment, crawl to new rooms or apartments, or travel to new buildings on furniture and clothing packed by people moving.

## Can bedbugs harm my health?

Bedbugs are not known to transmit any diseases to humans. However, the bites can cause itching, swelling, inflammation, and may interfere with sleep. To reduce the risk of infection, do not scratch bites and wash the area with antibacterial soap.



### What can tenants do?

- ◆ Tell your landlord about the problem. You can also contact Boston Inspectional Services or the Boston Public Health Commission
- ◆ Your landlord must hire a licensed exterminator to treat the problem and give you written notice and instructions on what to do to get ready. You must follow all these instructions.
- ◆ Wash clothing, sheets, and blankets in hot water and dry them on high heat to kill bedbug eggs. Put clean laundry in sealed new plastic bags until after the exterminator treats the apartment.

### What can landlords do?

- ◆ Carefully choose a licensed exterminator that has a specific plan and experience treating for bedbugs. The exterminator will implement an Integrated Pest Management (IPM) plan, which describes the extent of the infestation and the steps to control and monitor it. The IPM plan should be shared with tenants.
- ◆ Inform your tenants about the date and time of the planned treatment and what it will involve. You must provide them with written instructions at least 48 hours in advance.
- ◆ Insure that all your tenants follow the preparation instructions and have the exterminator inspect all units and treat the affected unit(s) and surrounding units (above, below, to either side, and across the hall).

## Prevent Bedbugs!

**There are several things that you can do to reduce the chances of a bedbug infestation:**

- ◆ Never pick up furniture or luggage left at the curb for trash collection and avoid buying second-hand furniture or luggage.
- ◆ Request a rental pre-inspection by the Boston Inspectional Services Department by calling 617-635-5322.
- ◆ Seal any cracks or holes in walls, ceilings, and floors.
- ◆ Learn more: <http://www.ca.uky.edu/entomology/entfacts/ef636.asp>

**BOSTON  
PUBLIC  
HEALTH  
COMMISSION**



For more information, please call the Environmental Health Division at 617-534-5965.

# Pinèz

## Ki sa pinèz ye ?

Pinèz se ensèk koulè wouj-mawon tou piti san zèl, pi kout pase ¼ pous nan longè, epi ki gen fòm oval plat. Yo antre nan kay sou mèb ak valiz dezyèm men ou pote antre. Yo kache kote ki pa laj, tankou nan pli matla, fent mèb, dèyè foto ki kwoche nan mi oubyen dèyè tapisri, anba tapi epi dèyè plent mi kay. Lannuit, yo soti pou yo jwenn manje epi mòde tout po moun ki pa kouvri ak rad tankou kou, bra, zepòl ak men. YO PA viv sou kò moun tankou pou ak pis. Tout moun ka gen pwoblèm pinèz e se PA POUTÈT MOUN PA BYEN FÈ MENAJ. Yo ka viv plizyè mwa nan apatman vid, yo ka kache nan lòt pyès kay oubyen nan lòt apatman, epi yo ka menm deplase nan lòt batiman lè yo kache nan mèb ak rad moun pote ale lòt kote.

## Èske pinèz danjre pou sante m ?

Pinèz pa transmèt maladi bay moun. Men, piki yo grate, gwo, anfle epi ka anpeche moun dòmi. Pou diminye chans pou gen enfeksyon, pa grate kote yo mòde w epi lave kote yo mòde w ak savon anti-bakteri.



### Ki sa lokatè ka fè ?

- ◆ Mete pwopriyetè kay la okouran si w gen pwoblèm pinèz. E w ka rele Boston Inspectional Services oubyen Boston Public Health Commission.
- ◆ Fòk pwopriyetè kay la angaje ekstèminatè diplome pou rezoud pwoblèm lan epi ba w enfòmasyon ak enstriksyon alekri ki di ki preparasyon pou suiv. Li obligatwa pou w suiv tout enstriksyon sa yo.
- ◆ Lave rad, dra ak kouvèti nan dlo cho epi seche yo nan gwo chalè pou touye tout ze pinèz ki genyen. Mete lesiv pwòp nan sache plastik ki pa janm sèvi jistan ekstèminatè a flite apatman an.

### Ki sa pwopriyetè ka fè ?

- ◆ Byen chwazi yon ekstèminatè diplome ki gen plan presi epi eksperyans nan kontwòl pinèz. Ekstèminatè a ap mete anplas yon pwogram konplè pou kontwòl bèt (IPM) ki dekri gwozè pwoblèm pinèz ki genyen epi ki eksplike etap pou suiv pou kontwole epi siveye pwoblèm lan. Se pou pataje pwogram IPM lan ak tout lokatè.
- ◆ Mete lokatè yo okouran dat ak lè tretman ki òganize e ki sa ki pral fèt. Fòk ou ba yo enstriksyon alekri omwen 2 jou alavans.
- ◆ Fè ansòt pou tout lokatè ou yo suiv enstriksyon preparasyon yo epi mande ekstèminatè a fè enspeksyon tout rezidans epi trete tout rezidans ki gen pinèz ak tout rezidans akote (anlè, anba, adwat epi agòch, devan epi dèyè, san pa bliye anfas lòt bò koulwa a).

## Anpeche gen pinèz !

### Gen plizyè bagay ou ka fè pou diminye chans pou gen pinèz :

- ◆ Pinga ranmase mèb ak valiz moun kite sou twotwa epi eseye pa achte mèb ak valiz nan magazen dezyèm men.
- ◆ Rele Boston Inspectional Services Department nan 617-635-5322 pou yo vin fè enspeksyon kote w pral lwe a.
- ◆ Bouche tout fent ak twou nan mi, plafon ak planche. Selle las grietas y agujeros en la pared, techos y pisos.

BOSTON  
PUBLIC  
HEALTH  
COMMISSION



For more information, please call the Environmental Health Division at 617-534-5965.