

**City and County of San Francisco
Department of Public Health
Environmental Health Section**



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Tenant's Bed Bugs Control Guidelines



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How to Prepare a Room for Treatment and Prevent Transmitting Bed Bugs to Other Rooms

What Are Bed Bugs?

Bed bugs are tiny insects that feed on the blood of humans, pets, birds and other animals. Bed bugs are parasites. Adult bed bugs are ¼” long (one fourth of an inch). They have no wings and do not fly. Their bodies are flat before eating (blood meal) and round afterwards. The newly born bed bugs are called “nymphs” and their tiny, white bodies are almost too small to see.

Appearance



Bed Bugs Nesting in a Mattress



Adult Bed Bug

How Do I Know I Have Bed Bugs?

If you have bed bugs, you will have itchy bumps where they have bitten you. You may also see live or dead bed bugs in your room. Look for blood or fecal stains (tiny black stains) on your mattress, sheets or pillow cases.

How Do Bed Bugs Get Into Buildings?

Bedbugs get carried from place to place when people expose themselves or their belongings such as: luggage, clothing, furniture, or bedding, in areas that are infested with bed bugs. Bed bugs also can come from collecting items left on the street or used items of unknown origins, such as used furniture or second hand clothes.

Can They Make Me Sick?

When bed bugs bite, the saliva from their mouths make people itch. If the itching causes people to scratch a lot, they can get other infections into their body. Bed bugs are not known to transmit disease in humans.

Prevention: How Do I Get Rid of Bed Bugs

1. Tell the manager immediately when you see bed bugs or signs of bed bugs.
2. Notify the manager of bed bug bites or any evidence of bed bug activity in your room.
3. Allow the person who is going to help get rid of the bed bugs (pest control operator) to come into your room. Cooperate with manager and pest control operator for bed bug treatment.
4. Prepare your room prior to bed bug treatment. On the day the pest control operator comes to your room, seal all your clothing and bed covers in plastic bags and wash them at the Laundromat.
5. Wash all bedding and clothes in **HOT** water and dry on the **HOTTEST** setting. Do not return the clean clothing and bedding to your room until after your room treatment is finished or to a new room if you are relocated. Put all laundered clothes in new plastic bags.
6. Bathe and wash the clothes you are wearing and wear clean clothes you just washed.
7. Repeat the washing and drying of clothes for each bed bug treatment.
8. If your manager does not respond to your complaints about bed bugs, call the **San Francisco Department of Public Health at: Main: (415) 252-3800**