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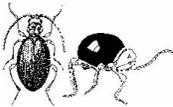
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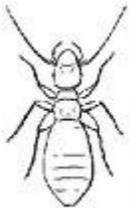
Things That May Make You Say Bed Bugs, But Are Not

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Member NYC Bed Bug Advisory Board

On any given day in the big apple several people awaken with OMG (oh my God) reactions to some creepy crawly they are uncomfortable in sharing a living space with. While ten years ago it would have just been another bug, in 2010 it now appears as the specter of perhaps being to many, that most feared of cotemporary urban pests, a bed bug, *Cimex lectularius*. Before losing sanity and perhaps consciousness as you leap across the room to try and catch it you should take solace in the fact that there are a number of look alike and bed bug wanna be's. And leading the list for insects commonly confused with bed bugs are Spider beetles, Psocids, roach nymphs, Carpet and stored product beetles and the occasionally felt but not usually seen bird mites.



Spider beetles are an oft maligned beetle commonly mistaken for a tick when Lyme disease was first identified and are now confused with bedbugs. The adult is 1.5 to 3.5 millimeters in length and has a dark reddish-brown, shiny, globular abdomen. It is a scavenger on a wide variety of foodstuffs, animal skins, dead insects, wheat, and wool. It does not bite and has no interest in humans.



Psocids a.k.a. booklice are not true lice and do not feed on humans but rather on microscopic mold and mildew associated with high-humidity conditions. Booklice are small transparent to grayish-white insects about 1/32 to 3/16 inch and to the untrained eye can appear as a first or second stage bed bug instar.



Roach nymphs are the middle developmental stage of roaches. The antennae are much longer and they are more brown than red but they are mistaken for bed bugs. They also leave fecal materials around that often confuses folks as well. A good way to tell the fecal materials apart is to use a damp cotton swab and when rubbed on the fecal material (specs) of bed bugs it will turn red which would probably indicate a blood feeding bed bugs and not roaches.



Carpet beetles and their larvae can be interesting suspects. The adult is about 1/8 to 3/16 inch in length and black and the larvae can be as long as 5/16 inch. The adult beetle can look to the untrained eye like a bed bug and the larvae can be the cause of skin irritation, so when people put the two together believe they have bed bugs. These beetles are commonly found in homes and apartments feeding on animal product, hair wools and grains along with a host of many other items. The adults are most common in the early spring and can be found on window sills and outside seeking pollen.



Bird mites which are not insects, are phantom type pests that are responsible for bites but not being easily seen cause folks to mistakenly assume other causes such as bed bugs. Common scenarios consist of a birds nest around an AC or HVAC unit that picks up these very small (0.7 mm) mites and blows them around an apartment people and then get bitten. The solution is removal of the nests, repeated vacuuming (throw the bag out) and if in some cases treatment with an appropriate non residual pesticide.

As you can see a number of arthropods can move around in the night but they are not necessarily bed bugs. The list could also include to a lesser degree, fleas, springtails and fungus beetles. Identification is important. That is one of the reasons why professionals like to obtain samples and will sometimes employ passive monitor traps, or climb up type trap. Certainly the take home message here would be that anytime you suspect a pest getting a sample is always a good idea.

DON'T BRING THEM HOME:

The next time you travel you might want to follow these tips:

Use a flashlight or UV light to inspect your room for live bed bugs or evidence of activity such as fecal material, shed skins or blood spots. If room is suspect request a different room. The number one spot in hotels is the headboard.

Using a business card and hand lens examine the cracks and crevices around the mattress, bed frame, headboard (most lift off the wall), carpet edges, picture frames, closets, nightstands, luggage racks and dressers to inspect for evidence.

Don't unpack; leave your clothes in a closed suitcase, knapsack or zipped up clothing bag. You might want to tape the zipper or put it in a large clear plastic bag. Traveling light, hand your clothing bag on the shower rod or in bathroom.

Keep your suitcase etc. away from the bed and don't leave clothes laying about or in dresser drawers. Move the bed away from the wall or headboard if possible. Check yourself for bites or itching, although bed bug bites are not always immediately noticeable. Bag and seal pajamas in a clear plastic bag and examine.

When you get home:

Unpack over a white sheet, directly launder washables in water over 140 degrees or place in a bag and dry clean. Use separate bags on trip to and from laundry.

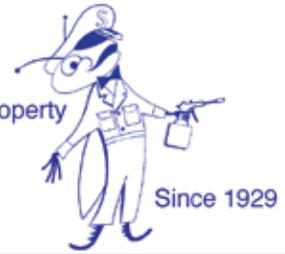
Inspect and vacuum suitcases before putting them away. If you think you may have come in contact with pests you might consider misting the area and suitcase with a contact insecticide aerosol labeled for use on bed bugs.

Still Paranoid?

Travel with clear large plastic bags and enclose suitcase, clothing bag and all belongings except what you are wearing and seal with tape. Consider using a hard suitcase rather than fabric and sub wrap items in plastic bags. In some areas mosquito nets may be of use.

Distributed by: Standard Pest Management
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School's Open Don't Bring Bed Bugs Home

Following STANDARD PEST MANAGEMENT'S well received Don't Bring Them Home for Travelers and Bed Bugs & You we have developed this information sheet to address the concerns of parents in regard to hitchhiking bed bugs and their children.

School is essential for a child's education and socialization but it can be a spot of limited bed bug transmission. First off, understand that schools are not infested and experts agree that significant bed bug populations can not become established in schools. However due to the daily school trip and interaction especially in the lower grades it is possible for a bed bug to hitch a ride home and then in a home environment establish itself.

Bed bugs are most likely to be brought home in knapsacks or on coats

- Backpacks: try not to leave these piled up with other children's belongings. Try to keep them isolated or in a large clear plastic bag.
- When brought home keep knapsacks in a sealed plastic bag or sealable Tupper ware type container or plastic bin.
- Do not take school bags to the bedroom or couch.
- Once a week put in the dryer, on high for 30 min. this will kill bed bugs & eggs be sure to empty bag first and inspect items as you go. Watch out for crayons!
- For young children do the same with clothing, bags, shoes & stuffed animals.
- Coats: Don't put coats in pile with other childrens coats. Drape over a chair instead of stuffing inside cubbies. Once a week run coat through dryer and perhaps bag or isolate it upon returning home.



After school activities

- If your child goes to another's home follow the same precautions.
- Do the same if children frequent your home after school, especially if you know someone has bed bugs.



In general

Be mindful not to attach any stigma to having bed bugs especially for children. The stigma will make them feel ostracized

- Educate yourself on what bed bugs look like.
- Be informed about your schools bed bug protocol.

Good prevention steps are inspection and vacuuming while being careful to contain and discard the vacuum bag.

**UNFORTUNATLY SHOULD BED BUGS FIND THEIR WAY HOME CONTACT
STANDARD PEST MANAGEMENT FOR MORE INFORMATION**

For more info visit - <http://www.standardpest.com>

For do it yourself bed bug products - <http://www.ridyourbedbugs.com>



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Vermin Control in Trash Chutes & Compactor Rooms

By Gil Bloom, certified entomologist, vice president Standard Pest Management

When we think of trash or compactor rooms, we tend to think of dirty smelly environments and in most cases that is the reality. While these rooms, chutes and associated closets are used for refuse disposal, the fact of the matter is that they need to be kept clean with a minimum of odor and clutter. For in terms of pest management, it is these areas which provide the food, water and shelter triangle of life for a multitude of pests including roaches, rodents, flies and beetles. For any pest infestation in these areas; the surrounding service lines can then serve as a conduit or expressway which then facilitates their movement throughout the building.

When I do consulting in regard to this issue, I recommend an inspection line, similar to those used in food facilities, be painted around the perimeter. The line serves to keep the area clear for proper pest control and inspection practices. In the 70's, NYC shifted away from incinerators in order to improve air quality; the trade off was an environment more conducive to vermin.

However with the introduction of compactors, we created a centralized shaft in which food waste and other offerings accumulate on multi textured walls that were previously incinerator chimneys, or in newer units stick to joints and possible breaches in the compactor chute sleeves. The raw garbage then lands at the bottom with varying velocity, splashes back up and then is compacted into plastic bag snakes that are tied and cut by building staff or automated controllers. Frequently, the delicate ooze from this process escapes, or waste itself accumulates beneath the rollers which move the trash bags along. At this point the bags which hopefully are not torn and are not rodent proof are stacked in the room for several days till disposal. This process provides the organic and often gelatinous waste which promotes pests as well as attracts them as a result of their odiferous qualities.

Pest management practices used in these areas should start with the sealing of the service conduits which rise up into the building such as steam, waste, water, gas and electric lines. The pest proofing should utilize such materials as escutcheon plates, copper mesh, plaster and sealants. Special attention should be made to cable lines which often share common closets with compactors and then branch out into all units via enclosed cable lines. Bait stations and insect monitors should be placed in base and refuse/recycle areas for detection and control. Depending on type, sanitation and pest pressure, chutes should be treated on a scheduled basis utilizing an appropriately labeled insecticide dust as it will adhere better then liquid applications and reduce the odds of induced pest migration, an insect growth regulator may also be employed. "Fogging" and bombs will exacerbate any pest condition. Care must be taken to seal hopper chute doors to avoid drift and to prevent someone from using the chute during treatment.

Compactor room windows should be properly screened and are a good place for fly units which can be used to catch flies and a number of dermestid beetles which may also come to feast. These rooms should be well vented so when staff washes them with hoses, the room has a chance to dry properly and not create optimum temperature and humidity conditions for pests. As a closing comment, if you go into a compactor room and see giant deodorant blocks hanging as well as the presence of flies, the staff obviously needs to improve sanitation, quickly!



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Bed Bug Hot Bed Bug Not

By: Gil Bloom, ACE

A little over ten years ago as we looked forward to the new millennium a small, but soon to be significant bug crawled into the nocturnal limelight. In September 2000 I joined together with the then also recently arrived on the scene Dr. Jody Gangloff of Cornell IPM and conducted the first NY State survey in regard to bed bug activity and perhaps one of the earliest surveys nationally. At that time bed bugs were few and far between and of those who responded the majority of cases were in residential settings in which travel or a mattress introduction were the suspected cause. As we all know now the subsequent impact of this pest has been major. Since those early days I have served on the NYC Bed Bug Advisory Board, have written two manuals and conducted educational programs for both governmental agencies as well as the private sector. I have inspected numerous infestation settings and locations and have diligently fed my own personal bed bugs while working on a particular project. While not direct treatment advice, I do offer the following thoughts for consideration.

The ability of a non vector pest to emerge as such a significant pest of public health importance is in itself somewhat unprecedented. While IPM protocols are both best practices and the only way to achieve control over these pests, they likewise acknowledge the use of some insecticides in overall control programs. Interacting with *Cimex* emphasizes the need for independent research along with the need for funding these efforts.

Having become complacent through years of superior roach control products, the search and destroy skill set of some newer technicians and muscle sets of some older ones are being tested. Back during the "Roach Wars" one of Doc Frishman's take home points was that to control a roach you have to think like a roach. Well this adage is just as valid if not more so when dealing with bedbugs.

In each case we must stop and evaluate each situation individually and take into account all the attending factors, especially human interactions. While how they got there is of significance in terms of control it is even more important in avoiding possible re introduction.

Even to a trained physician the identity of a pest can not be established by the bite.

Inspections are on the rise as more people unfamiliar with the world of arthropods find them crawling about their environs. Hone your identification skills and keep records. As an observation, perhaps 20% of those who believe they have bed bugs may not. Clutter will undermine any control program.

Education is an important aspect of both prevention and control; toward that end it is important to develop some type of communication medium in dealing with various clients. Consider handouts, fact sheets and even presentations. You may develop them yourself or hire someone to customize one for you. Don't spread disinformation and thus further the problem, know the facts.

Vocabulary and concepts:

TRANSFER SITE is a term sometimes used to denote a spot where a bed bug may or has come off an item or person and may be picked up by another. An example of a transfer site might be a bench, coat check room or classroom.

INTRODUCTION is used to describe a single or limited number of bed bugs which may have been carried into a location but have not established themselves. Inspection does not find more than a few bed bugs, no eggs or nymphs.

INFESTATION is the term used to describe an established site where bed bugs are actively feeding and breeding. Inspection finds fecal spots, eggs and multiple life stages of bed bugs.

And finally for a number of us involved in "all things bed bug" that are on the receiving end of the good, bad and ugly calls and emails, there are times when the mere mention of the words bed bug can roll our eyes or have us screen calls.