

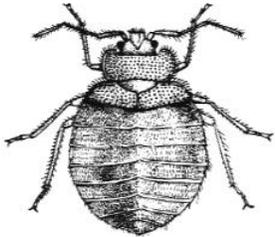


City and County of San Francisco  
Department of Public Health

## ENVIRONMENTAL HEALTH SECTION

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### Appendix A: TENANT'S GUIDE TO BEDBUGS: HOW TO PREPARE A ROOM AND PREVENT TRANSMITTING BEDBUGS TO THE NEW ROOMS



#### WHAT ARE BEDBUGS?

Bedbugs are tiny insects that feed on the blood of people, pets, birds and other animals. They are parasites. Adult bedbugs are ¼" long (one fourth of an inch). They have no wings and their bodies are flat until they eat. After feeding on blood, their bodies become round. Newborn bedbugs are called "nymphs" and their tiny, white bodies are almost too small to see.

#### HOW DO I KNOW I HAVE BEDBUGS?

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

#### HOW DO BEDBUGS GET INTO BUILDINGS?

Bedbugs get carried from place to place when people leave their belongings such as, luggage, clothing, furniture, or bedding in areas that are infested with bedbugs. Bedbugs also can come from items picked up off the street.

#### CAN THEY MAKE ME SICK?

When bedbugs 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.

#### PREVENTION: HOW DO I GET RID OF BEDBUGS?

1. Tell the manager immediately when you see bedbugs or signs of bedbugs.
2. Allow the person who is going to help get rid of the bedbugs (pest control operator) to come into your room.
3. 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.
4. 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.
5. Bathe yourself and wash the clothes that you are wearing. Wear only the clothes you just washed.
6. Repeat the washing and drying for each bedbug treatment.
7. If you manager does not respond to your complaints about bedbugs, call the San Francisco Department of Public health - Environmental Health Section at (415) 252-3800; or come in person and file a complaint to 1390 Market St., Suite 210, S.F., Ca 94102.