

Natick Green Condominium Trust

Bed Bug Policy

December 8, 2011

Rev 2011-1

Exceptions to this Policy must be approved, in writing, by a majority of the Trustees. This Policy is effective as of the above date and replaces and supersedes all prior revisions of the above captioned Policy.

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1. Bed Bug Policy Purpose

Natick Green is committed to an effective and efficient response to residents who suspect they may have bed bugs present in their condominium. This policy was created for the safety and comfort of all residents living in the building. All unit owners are accountable in accord to this policy.

2. Bed Bug Identification

If residents suspect they may have bedbugs, they should notify the Natick Green Management office at (508) 655-5800 immediately.

Since extermination is required for treatment, a licensed and insured exterminating company will need to be hired by the owner of the unit containing bed bugs. The unit owner is responsible for all applicable expenses. The Association will not pay for treatment inside an affected unit, and arrangements must be made by the Unit Owner. Natick Green has an exterminating contract with F&W Pest Control and recommends using them. They can be reached at (508) 872-3256 or www.fwpest.com.

Once a date is scheduled, Natick Green will hire the services of F&W Pest Control to inspect all adjacent units.

If it is determined that no bed bugs are found in the adjacent units, the Unit Owner will be notified immediately, and as a precaution, the resident will be asked to continue observing his/her living space and to notify the Management office immediately if there are further problems.

If bed bugs are identified in adjacent units, the Unit Owner will be notified immediately and treatment will be mandated at the Unit Owners expense. It is recommended to use F&W Pest Control. They will provide a list of instructions for the removal and laundering of personal items.

3. Bed Bug Treatment

Bedbugs are a serious community issue and once bedbugs have been confirmed within their living space ,ALL residents are expected to comply with all instructions given to them within 24 hours..

Bedbugs hide in many places...in beds, closets, furniture, behind pictures, in tiny cracks in the wall...so inspections and treatments must be thorough. Pest control technicians need your cooperation in order to control bed bugs successfully.

Before technicians can treat your home, you must prepare your home for proper service. Here's how:

- Strip your beds
Remove and wash all sheets, blankets, mattress covers, pillowcases, etc. from your beds. ... Fold and place the items in plastic bags or seal in tight containers. Do not put them back on the bed until the evening after the pest control service has been completed.
- Remove everything from bedroom closets
Your closets must be empty of all items. Also, empty all dresser drawers and night stand drawers. Take everything out of any other furniture near the beds. Remove all clothing, toys, boxes, etc. from bedroom floors. Place items in living room.
- Wash ALL clothing, towels and other linens
This means everything. Place the clean items inside plastic bags or seal-tight containers and move them into the living room until after treatment.
- Vacuum
Vacuum floors, furniture and inside closets, dresser drawers and nightstands. Also vacuum mattresses and box springs. Dispose of vacuum bag (if applicable).
- Provide access for pest control technician
Make sure the technician can get into all the closets and areas of the bedroom. If possible, move any bedroom furniture away from the walls so there is a 3 foot space between the furniture and walls.
- Avoid contact with insecticide until dry
Make sure there are no people or authorized pets in the home during treatment for at least 4 hours afterwards.

Typically multiple treatments are needed within 2 weeks of one another for a successful elimination of bed bugs.

4. Bed Bug Facts

We hope this fact sheet helps you by educating you on the nature of the problem, the severity of an infestation, the need to treat it proactively, and the preventative steps that can be taken to avoid getting bed bugs in one's home. Remember...bed bugs are not a sign of poor hygiene, and thus not something to be ashamed of. Bed bugs can affect anyone..... anywhere.

Bed Bugs Fact Sheet

4.1 What are bedbugs?

- Bedbugs are small nocturnal insects that live by feeding on the blood of humans and other warm-blooded hosts. The adult bedbug is 1/4 inch long, 1/8 inch wide (about the size of an apple seed) and reddish brown. It is flattened from top to bottom, with an oval body that is well adapted for hiding in narrow crevices. The body may become greatly enlarged and blood-red during a blood meal, but it subsequently turns a dirty brown.
- Bedbugs are generally active at night or dawn, with a peak feeding period approximately an hour before sunrise. After feeding for five to fifteen minutes, the bug returns to its hiding place in cracks and crevices in walls, floors, and ceilings; in furniture and clothing; in seats in theaters, taxis, and on public transportation; and in any number of other areas. Although bed bugs cannot fly, they can run quickly and are small enough to easily go unnoticed. They typically walk undetected across human skin.
- Bites consist of a raised red bump or flat welt, and are often accompanied by intense itching. The red bump or welts are the result of an allergic reaction to the anesthetic contained in the bedbug's saliva, which is inserted into the blood of the host. Bedbug bites may appear indistinguishable from mosquito bites, although they tend to last for longer periods. Bites may not become immediately visible and can take up to 9 days to appear. Bedbug bites tend not to have a red dot in the center which is a characteristic of flea bites. A trait shared with flea bites, however, is the tendency towards arrangements of sequential bites. Bites are often aligned three in a row, giving rise to the colloquialism "breakfast, lunch and dinner."

- There have been no known cases of bedbugs passing disease from host to host. Extensive testing has been performed in laboratory settings which confirm this finding. Therefore, bedbugs are less dangerous than some more common insects such as the flea.
- To move from egg through adult and egg again under ideal conditions (75 to 80 percent relative humidity, 83 to 90 degrees F) may take four to five weeks; under less optimal conditions such as lower temperature and/or with fewer blood meals, development time may be longer. Adults can live several months (some say more than a year) and nymphs for three months without feeding. Under typical conditions with a host (food supply), a bedbug may be able to live more than 300 days.

4.2 How do I get bedbugs?

- Bedbugs were originally brought to the United States by early colonists from Europe. Bedbugs thrive in areas with high occupancy, such as hotels. Bedbugs were believed to be altogether eradicated 50 years ago in the United States and elsewhere with the widespread use of DDT.
- There are several theories regarding the resurgence of bedbugs. One theory attribute the reemergence to DDT no longer being used for pest control and another points to the increase in international travel. A recent hypothesis regarding bedbug reappearance involves potential geographic epicenters in some states. It was determined that workers in these facilities were the main spreaders of these bedbugs, unknowingly carrying them to their places of residence and elsewhere after leaving work.
- Anyone can unknowingly pick up bedbugs from a location where they presently exist – someone’s apartment, movie theatres, hotels, motels, etc. Bedbugs are equal opportunity pests – they will infest anyone, anywhere. Bed bugs are attracted to their hosts by carbon dioxide and warmth.
- Bed bugs are generally introduced into a new space in one of three ways:
 - By falling, climbing, or jumping (they can jump no more than three inches) onto a person’s clothing or belongings when he/she comes into contact with an existing infestation, allowing the bed bug to “hitch a ride” to a new home.
 - When someone brings used furniture, clothing or another item that is harboring bed bugs into the space.
 - By spreading through walls and floors from an adjacent infested unit.

4.3 **What SHOULD I do if I believe I have bedbugs?**

- Notify the Natick Green Management office at (508) 655-5800 immediately.
- Be prepared to follow these instructions **to the letter** and in a timely manner (within 24 hours).

4.4 **What can be done to reduce the risk of bringing bedbugs back with me after traveling?**

- First, look at the room to seek potential hiding places for bedbugs such as carpet edges, mattress seams, pillow case lining, head boards, wall trim or other tiny crack-like places bed bugs might hide
- Next, look specifically at the mattress seams for signs of bed bug activity: droppings, eggs, bloodstains or even bed bugs themselves hiding in tiny folds and seam lines.
- Never leave your clothing lying on the bed or in any other location of possible infestation. Instead, use hangers or hooks capable of keeping all cloth distant from the floor or bed. It's also a good idea to elevate suitcases off the floor on a luggage stand, tabletop or other hard surface.
- Close your suitcase or travel bag when not in use. If the bugs move over the top of your luggage, they will have greater difficulty getting inside.
- When you return from any travel it is a good idea to take your suitcase to the Laundromat so you can wash ALL items before taking the suitcase to your home. If you wash and dry your clothes at 120 degrees F before entering your residence, you will stop the spread of these bugs.

4.5 What SHOULDN'T I do if I believe I have bed bugs?

- Don't panic! Although bed bugs can be annoying, they can be battled safely and successfully if you follow all guidelines given to you.
- If you believe you have bed bugs, do NOT wait to report it. It is more difficult to get service from exterminating companies after hours. They will respond but service may be delayed.
- Do not apply pesticides on your own. Natick Green has a licensed and insured pest control company to confirm the infestation and to develop an integrated pest management plan.
- Do not move your mattress or any furniture out into the hallway. Infested furniture can be cleaned and treated. Placing infested furniture (particularly mattresses) into common areas or on the street may simply help spread bed bugs.
- Do not make plans to sleep in a different location if possible. If you actually have bed bugs, you will only spread them to others.