

B.I.T.E. Back!

INFORMATION YOU CAN USE TO STOP BED BUGS IN THEIR TRACKS

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Just How Many Apartments in Chicago have Bed Bugs?

It's not easy to answer the question of how many apartments - let alone all homes - are infested with bed bugs. In Chicago, bed bug infestations frequent low-income apartments. However, residents are often unaware that they have a problem. Even government agencies know very little about the extent of the problem in the communities they serve. Right now the pest control industry provides the best information available about infestation rates, but these estimates do not use scientific methods and report solely on retail sales of services. Rankings of cities for bed bugs by the pest control industry may adequately measure a company's sales in one city versus another, but doesn't measure the actual rates of infestation and how much they are increasing, decreasing, or staying the same.

Dr. Changlu Wang of Rutgers University and his team published a study in April 2016 that begins to shed light on how bed bugs impact our lives and the number of low-income apartments infested. The study found that bed bugs infested about 12% (more than 1 in 10) of nearly 2,400 individual low-income apartments in New Jersey.

Article continued on p. 2, Rutgers

Resource Round-Up: Where to find the best information on bed bugs

An explosion of resources for battling bed bugs has become available since MPAC began publishing this newsletter. Highlighted below are those resources with the most useful information for B.I.T.E. Back's Chicago-based audience. Many have factsheets, online training, sign up for live training events and more.

[Let's Beat the Bed Bug!](#) Run by the University of Minnesota Extension Services and funded by the US E.P.A., here you will find factsheets for different audiences such as homeowners, tenants, landlords, managers, home visitors, pest management professionals, and public facilities. Many include multiple languages including Arabic, Hmong, and Somali. In addition, you can sign up for training and find videos about ways to prevent and treat for bed bugs.

[US E.P.A. Bed Bugs: Get Them Out and Keep Them Out.](#) This site offers a host of basic bed bug management and prevention resources including information for schools and childcare facilities. When there, check out the [Bed Bug Information Clearinghouse](#) which links to lots of other resources including factsheets developed by Virginia Tech's bed bug researcher and expert Dr. Dini Miller.

[Illinois Department of Public Health: Bed Bugs.](#) Illinois developed some of its own resources, almost all in English and Spanish. You can, also, find a link to the [National Pest Management Association's Best Practices](#) for managing bed bugs here, especially important to Chicagoans as the Chicago Bed Bug Ordinance requires these practices to control bed bugs in rental properties. Check back often to track any legislative actions implemented to help control the spread of bed bugs in Illinois.

This is only the tip of the iceberg of the information available. I encourage you to explore these resources and see where they take you. Remember MPAC has many factsheets to help beat back bed bugs on our [website](#) and we're here to answer your questions and concerns.

Upcoming Events

We will host four FREE evening and weekend online webinars in December to better inform the Chicago community about Chicago's bed bug ordinance. Please check the [MPAC Events webpage](#) for more details and how to sign up.

Rutgers, continued from page 1

In addition to measuring the infestation rates in 43 buildings, researchers learned:

1. Buildings with high tenant turnover had more infestations.
2. Women are more likely to express concern about bed bug infestations and to show symptoms from bites.
3. More African Americans lived with bed bugs than white or Latino populations.
4. Half of all residents with bed bugs didn't know they had them.
5. Almost 30% of residents with bed bugs did not show any bites or report symptoms.
6. Tenants are often satisfied with the bed bug treatment they receive even when it's not working.

“Assuming US\$50 per hour labor rate, the average per apartment cost for the building-wide bed bug monitoring protocol was US\$12 per apartment.”

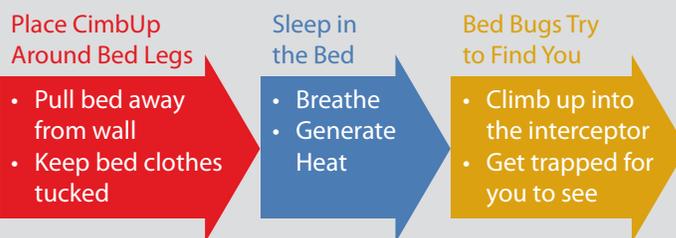
– Citation Changlu Wang, et al.,
Bed Bugs: Prevalence in Low-Income Communities

To find bed bug infestations, the study relied primarily on the ClimbUp® interceptor passive monitor and brief visual inspections, which proved very effective in finding bed bugs even when residents were unaware of the problem. From this method of detecting bed bugs, researchers concluded that the average building-wide bed bug monitoring program costed approximately \$12 per apartment, assuming a \$50 per hour labor rate: a small price to pay for detecting bed bugs and ensuring effective treatment.

The study concludes with an overview of recent research and provides insight into what materials and methods residents can use to control bed bugs, identifying challenges and opportunities for better bed bug management. You can find the full article published in the April 5, 2016 issue of the [Journal of Medical Entomology](#).

How do ClimbUp® interceptors work?

One thing is for sure: bed bugs like people more than anything, except maybe other bed bugs. The ClimbUp® interceptor and similar products take advantage of that fact to trap bed bugs. These traps use some nifty engineering to provide textured surfaces for the bed bug to climb up and slippery surfaces to trap them once they do. ClimbUp® interceptors are a type of monitor, meaning they help you identify bed bugs so you can take action if necessary or see if treatment is working. They work essentially like this:



Here are two pictures showing you how to use the interceptors. The “YES” picture shows proper placement of the interceptor and how to maintain your bed for best results. The “NO” picture is what not to do when using the interceptor.



This is what the interceptor looks like when placed around the bed leg with bed bugs trapped in the inner and outer wells.



Monitoring for bed bugs is one of the best ways to continually check if they've come into a space. Monitors are not perfect and bed bugs can bypass the monitors avoiding detection. However, as the [Rutger's study](#) showed, monitoring combined with quick visual inspections can detect bed bugs well.

Many different types of monitors exist and even ClimbUp® comes in different colors (black & white) and sizes to fit your lifestyle. You can find more information about early detection of bed bugs [here](#).