


Procedure suggestions for bed bugs, cockroaches, and rodents

Allison Taisey, BCE
The Northeastern IPM Center
Cornell University




STOP
Pests
in housing
www.StopPests.org

Identify focus areas

- Monitor and inspect
- Identify focus areas
- Look through service records and work orders for trends

Solve problems

- Allocate time and resources to focus areas
- Use renovation as an opportunity
 - Eliminate pests
 - Reduce the risk of pest infestation
 - Seal up holes and crevices where pests hide
 - Educate the incoming tenant
- Track data from work orders and PMP service reports to identify trends and track efficacy



Monitor under a well-sealed sink

Focus units & housekeeping

- Require housekeeping classes that focus on taking food, water, and shelter away from pests
- Case management
- Reach out
 - Family members
 - Faith-based organizations
 - Local support agencies
- Motivate with lease enforcement

Maintain and expand pest-free housing

- Inspect new residents' homes within 90 days of move-in
- Ensure the PMP gets access to units
- Teach everyone to prevent, inspect, and monitor so introductions never turn into infestations

Bed bug review

- Eat and drink blood
- Signs include fecal spots and the bugs
- Wander, seeking a source of heat and CO₂
- Usually found wedged in cracks and crevices

Advances in the last 10 years

- Research on biology
 - Resistance is present
 - Eggs are hard to kill
 - May die in under a year
 - Death at 122°F
- Research on behavior
 - Attracted to heat and CO₂
 - Genetic information allows us to track how populations are related and study the spread

Advice for staff, health aides, and contractors

- In units:
 - Avoid sitting or placing items on potentially infested surfaces
 - Wear a protective layer when moving infested items
- In the main office/community areas:
 - Replace fabric-covered furniture that has many crevices with plastic or metal items
 - Have residents set their belongings in plastic totes during meetings

Advice for residents

- Keep coats, backpacks, purses, and bags off beds, recliners, and sofas at home and while out
- Inspect used furniture carefully before bringing it home—avoid it if possible
- Look for signs when sleeping away from home

Prepare before you have to

- Once bed bugs are present, you don't want to disturb the area
- Ideally, residents routinely
 - inspect with a flashlight
 - launder bedding
 - vacuum
 - maintain their unit according to housekeeping standards

IPM in action: bed bugs

- Someone reports bed bugs and the response (IPM) plan is initiated
 - Inspect
 - Identify
 - Plan treatment scaled to level of infestation
 - Take action
 - Evaluate effectiveness

IPM in action: bed bugs

1. Inspect and interview
 - Find out where people sleep
 - Find out where people put the things that come in/out of the unit
 - Note financial, physical, or cognitive limitations that could influence treatment
 - Use a flashlight and look around sleeping areas and areas where introduction is likely

Inspection

- Always use a flashlight
- If bed bugs are found, inspect all adjacent units
- Two types
 - Visual
 - Scent detecting canine

Monitoring

- Trap and kill bed bugs
- Determine how bad the infestation is
- Two types
 - Passive
 - Active



Passive, moat-style interceptor

IPM in action: bed bugs

2. Empower the resident
 - Encourage patience and cooperation
 - Ask them to NOT: fog/bomb, use their own pesticides, throw away items, change too much until a professional arrives to inspect and treat
 - Give them control options: vacuum with a pantyhose, clothes dryer for 30 minutes on high heat, encasement and interceptors, isolate belongings in plastic totes/bags
 - Give them an idea of the treatment timeline

IPM in action: bed bugs

3. Rally the troops
 - Pest management professional (PMP): inspects, vacuums, installs encasements, installs monitors, steams, treats if necessary, schedules a follow-up 10-14 days later
 - Resident: prepares for the PMP according to provided instructions **minimize burden and disruption of bugs and residents' lives**
 - Staff member: "knock & talk": meet with the resident and makes sure preparation instructions are understood, get resident support/supplies if needed, check in on progress before the PMP comes to treat.

Treatment options

- | In-house options
(minimum training) | Leave it to the experts |
|---|---|
| <ul style="list-style-type: none"> • Encasement • Monitoring • Quick (15 min) visual inspection • Steam • Clothes Dryer • Vacuum • Heat chamber (FL model) • Diatomaceous Earth (APPLICATOR'S LICENSE) • Resident training/support | <ul style="list-style-type: none"> • Canine inspection • Whole-unit heat treatment • Pesticide application • Thorough inspection • Active Monitoring |

IPM in action: bed bugs


4. Focus until "no bugs, no bites"
 - PMP: follow-up visit 10-14 days after treatment, and routinely until infestation is gone
 - Resident: continues to cooperate and prevents reintroduction
 - Staff: supports resident and checks in on progress
5. Return back to routine inspection and monitoring—find introductions before they become infestations

Cockroach review


- Like to be wedged in cracks/crevices
- Love warmth
- Signs include frass, cockroaches, and egg cases
- Most likely to travel between units along water pipes and heat ducts
- Populations limited by food, water, and shelter
- Females do not feed or wander far while pregnant

Effective IPM tools for cockroaches

- Sanitation
- Exclusion
- Pesticides:
 - Bait
 - Insecticidal dusts
 - IGRs



Gel Bait



Bait Station

Don't use over-the-counter sprays and foggers

- Over-the-counter sprays and foggers are not part of IPM in multifamily housing
- They are not compatible with baits
- Cockroaches develop resistance



Rodent review

- Mice are curious
- Rats are cautious
- Signs include droppings, rub marks, gnawed holes, and indicator pests
- Can fit through small holes and gaps
- Love warmth
- Travel the same paths along walls

Effective IPM tools for rodents

- Sanitation
- Exclusion
- Traps
- Rodenticides

Good Luck!!

