

# Bed Bugs: Prevention Tips



Bed bugs are well known in the hospitality industry; however, because they are adept at hitchhiking, they can end up anywhere at any time, making industries located near highly populated areas more susceptible to a bed bug introduction. Learn how you can help prevent bed bug infestations with Rentokil's expert tips.

## Where you might see them

- Bed bugs are most likely to appear in sleeping areas and high-traffic areas where humans are present.
- Sleeping areas are the primary location where bed bugs are found: hotel rooms, patient rooms, dormitories, etc.
- Areas where people sit and gather: break rooms, lounges, reception areas and lobbies.
- Locker rooms and employee storage areas.
- Goods, supplies, and equipment may also be prone to bed bug activity, as the pests can hitchhike on things such as incoming goods, vacuums, carts, etc.
- Bed bugs hide in gaps, voids, cracks and crevices, such as in furniture, walls, and spaces in decorative items.

## What you can do to help

- Make note of any signs, such as eggs, nymphs, fecal stains, or live bed bugs. This will help your pest professional identify potential hotspots.

## Tips for prevention

- Inspect items coming into your business. Institute a quarantine period for suspect items and monitor them for activity.
- Seal cracks where bed bugs can hide, especially in high-risk areas.
- Restrict areas where employees can store personal belongings to minimize introduction points.
- Enforce weekly or monthly employee locker clean outs to identify any activity.
- Minimize clutter to reduce bed bug hiding places.
- Use mattress and box spring encasements to protect beds from becoming infested.
- Educate employees on how to identify signs of activity. They are the first line of defense in spotting potential issues.



## ID and biology

- Adult bed bugs are usually less than ¼ inch and brown to reddish-brown in color.
- Nymphs are visible, but difficult to see.
- Bed bug eggs are extremely small and pearly white.
- Females lay 10-20 eggs per week, which translates to 500-1000 bed bugs per year.
- Signs of activity include fecal smears (dark mildew-like spotting) on mattresses, box springs, bedding, walls, and other items where they hide.

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