

# PackTite™

## BED BUGS: Know Your Enemy



Eliminates “stowaway” bed bugs from your luggage. Treats personal items for bed bugs.

Patent Pending heating technology safely eliminates all stages of bed bugs.

# Common Questions

## What are bed bugs?

Bed bugs are small, wingless insects that feed on warm-blooded animals. Adult bed bugs are reddish-brown, oval-shaped, flattened insects.



Adult Bed bug

They measure approximately 4-5 mm in length and can easily be seen with the naked eye. Bed bug nymphs are much smaller and are often translucent and more difficult to see without the aid of a microscope. The group of insects that are commonly called bed bugs includes species that feed on other animals such as birds and bats. Human bed bugs (*Cimex lectularius*) are found throughout the world.

**NOTE:** It is very difficult to distinguish bed bugs from related insects (such as bat bugs and swallow bugs). Make sure you have an expert identify the insects before starting a treatment program.

## How do bed bugs feed?

Bed bugs feed on human blood. They are nocturnal and prefer to feed in the predawn hours (2 to 4 a.m.). During the day they stay relatively motionless, hiding in cracks and crevices. They are most often found hiding in the vicinity of where the host's head lies while sleeping (pillow, headboard). At night, bed bugs come out of hiding and

are attracted to their human host by the carbon dioxide and heat that is given off by a sleeping person. When they begin to feed, bed bugs inject anti-coagulants (to keep the blood flowing) and anesthetics, which prevent the host from feeling the bite and waking up. The insects will feed for 3 to 5 minutes and then retreat back to their hiding places.

## What is their life cycle?

Female bed bugs lay 3 to 4 eggs per day and will lay up to 250 eggs in a lifetime. Eggs normally hatch in 6 to 10 days and the new nymphs actively seek out their first "blood meal". Nymphs will molt 5 times to reach the adult stage. The nymphs require a blood meal before each molt, but once they reach the adult stage they can survive for many months without a meal.

## How do bed bugs find you?

Bed bugs find their hosts by following the carbon dioxide trail of sleeping, warm-blooded animals.

They inject anti-coagulants, to keep the blood flowing, and anesthetics, so you will not feel their bite and wake up. Bed bugs will feed for about 3 to 5 minutes if left undisturbed. After their meal, they will retreat to a nearby crack or crevice to digest their food.



Bed bug nymph

# About Bed Bugs

## Why are bed bugs commonly found in headboards?

Bed bugs are not fantastic climbers and cannot climb up most smooth surfaces. This is why wood (headboards and nightstands) is appealing to bed bugs. They can grip its rougher surface sufficiently to climb up and down, and it often has many cracks and crevices for them to hide in. In an infested hotel room, bed bugs are commonly found in cracks and crevices on the backside of the headboard.

## What do bed bug bites look like?

Bed bug bites vary greatly. They are often mistaken at first for mosquito bites or a rash. The bites may be single or occur as a cluster of itchy bumps. There may be a delay of a few days from the time a person is bitten until the bites are visible or begin to irritate. Some people are very sensitive to bed bug bites and some people do not react at all.

## Who is at Risk?

Anyone who travels.

Travelers most commonly pick up bed bugs in their luggage at hotels. However, luggage is also vulnerable to bed bugs in aircraft and train cargo holds as well as taxi trunks.

Parents of kids in boarding school/college/military.

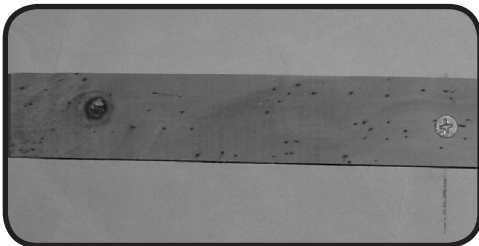
Bed bugs have been found infesting college dormitories and military barracks. Kids returning home may bring bed bugs home with them.

People living in multiunit dwellings (condominiums, townhomes, apartments, college dormitories).

Bed bugs from one infested unit can travel between walls to infest neighbors.

People who buy used furniture and household items.

People who frequently have numerous overnight guests/visitors. Many bed bug infestations have been brought into homes by friends and relatives.



Fecal spots on headboard support

# Traveler's Bed Bug Fact Sheet

- People are bringing home more than souvenirs in their luggage when they travel. Bed bugs are frequently hitchhiking rides with travelers in their luggage.
- Bed bug infestations have recently had a dramatic increase.
- Bed bugs often “hitchhike” in luggage, used furniture, and used beds.



Fecal spots on mattress

- Hotels, condominiums, apartments, houses, cabins, etc. are all susceptible to a bed bug infestation.
- Bed bugs have been found in even the most expensive hotels.
- Bed bugs have been found in movie theaters, ambulances, hospitals and airplanes.
- New York City logged almost 7,000 bed bug complaints in one year, and experts say they now can't keep up with all the calls.

---

## Hotel Room Bed Bug Tips

- Upon entering any hotel room, immediately check the headboard and bed. If possible, remove the headboard from the wall and look for bed bugs, bed bug shed skins, and/or bed bug fecal spots. Also check the mounting board on the wall that supports the headboard.
- Remove the sheets to check the mattress and box frame for the same signs of bed bugs. Inspect any tufts or folds in the mattress and box spring thoroughly. Concentrate your search at the head of the bed.
- Do not place your luggage on the bed or any piece of furniture in room. Keep your luggage off the floor by setting it on the metal luggage rack (often found in the closet) if available.
- A white powder residue found near cracks and crevices of furniture or the headboard

may indicate that the room has been treated previously for bed bugs.

- Sticky-board monitoring traps around bed areas (see photo below) may also indicate that the room has been treated previously. Check the monitors for any signs of bed bugs.
- If any bed bug evidence is found, remove all of your personal items from the room and contact the hotel manager.

Sticky-board monitoring traps



- To reduce the risk of introducing bed bugs into your home, treat your luggage and its contents with PackTite™ as soon as you arrive home and BEFORE bringing these items into your home.

# Bed Bug Infestations

## **What do I do if I have bed bugs in my home?**

Call a Pest Management Professional. Once a home is infested, treatment can be very difficult and should be conducted by an experienced pest control professional.

## **How is a home treated for a bed bug infestation?**

Treating a home for bed bugs is time consuming, labor-intensive and can be very expensive. A typical bed bug treatment involves numerous visits by a pest control company. Bed bugs do not just infest beds. They will nest in cracks and crevices throughout the room. Some pest management professionals recommend that, if possible, the home occupants move out of their home while it is being treated. Every item in the infested area of a house or apartment should be treated with pesticide. In some cases, heavily infested mattresses, box springs and padded furniture may need to be thrown out. Bed bug eggs are difficult to locate and may not hatch for several weeks. For this reason, inspections should be done every two weeks for months to insure that a re-infestation does not occur in a treated area.

## **How can PackTite™ be used during the treatment?**

PackTite™ is a very useful tool during a bed bug treatment. Items that you do not wish to expose to pesticides (toys, books,

grooming tools, etc.) and clothing and linen items that cannot safely be cleaned in a washer and dryer can all be safely heat treated with PackTite™. PackTite™ can help “speed up” the treatment process when it is used to treat the many small personal items that are found in any home (tools, linens, craft supplies, shoes, purses, clothing accessories, jewelry, etc.).

## **Which hotels might have bed bugs?**

Bed bugs can be found in any hotel, and this includes economy motels as well as 5-star resorts. Many state health departments maintain public records concerning bed bug reports in hotels. You may want to call or check online before you travel to check on the hotel you will be staying at.

## **What happens if you bring only a couple bed bugs home?**

Left alone, a few bed bugs can create a colony of thousands within weeks. Once your home is infested, elimination is very difficult because bed bugs do not just infest beds. They will nest in numerous cracks and crevices in walls, ceilings, floors and in furniture and can spread to other rooms of the house. During a treatment, everything in the infected area of the home must be heat treated or treated with pesticide chemicals. Often, in heavy infestations, mattresses, box springs and furniture must be thrown out. Bed bug eggs can be hidden throughout the infested area and, because

# Bed Bug Infestations (contin'd).

they will hatch over an extended period of time, repeat treatments are often necessary.

## How do I prevent bringing home bed bugs when I travel?

While there is no sure way to prevent bed bugs from getting into your luggage, there are some precautions you can take to reduce the chances.

1. As soon as you enter your hotel room check for evidence of bed bugs (see tips above).
2. Do not keep your luggage on the floor or on the bed. The best place to keep your suitcase is on the foldout stand that is commonly found in the closet.
3. When you leave, enclose any clothing that has been on the floor in plastic bags.
4. Treat your luggage and its contents with **PackTite™** as soon as you return home!

**PackTite™** uses patent pending heating technology to eliminate bed bugs from luggage.

## Why use heat to treat bed bugs?

Heat is the only non-chemical treatment that has been shown to consistently and effectively kill all life stages of bed bugs.

**PackTite™** is the safe and easy way to prevent bed bug infestations.





# PackTite™

## Why is **PackTite™** better than any other method for killing bed bugs?

- Freezing has been shown to be problematic in that bed bugs can recover after days of being frozen.
- Pesticides are a poor solution, because they require direct contact treatment, and often drenching, of clothes, belongings and luggage with toxic chemicals. Many pesticides being

used to battle bed bugs have also been shown to have limited efficacy unless directly applied to the bed bug itself.

- It has been suggested that travelers should enclose their luggage and its contents in individual plastic sealed bags. While this could keep bed bugs from infesting your luggage contents, it is not practical.
- Before unpacking, treat your luggage with **PackTite™** after every trip!



# More Information

For more information about PackTite™ and bed bugs, visit our website at: [www.PackTite.com](http://www.PackTite.com)

*Other resources for bed bug information:*

[www.bedbugger.com](http://www.bedbugger.com)

[www.ext.colostate.edu/pubs/insect/05574](http://www.ext.colostate.edu/pubs/insect/05574)

[www.ca.uky.edu/entomology/entfacts/ef636.asp](http://www.ca.uky.edu/entomology/entfacts/ef636.asp)

[www.sternenvironmental.com](http://www.sternenvironmental.com)

[www.bedbugcentral.com](http://www.bedbugcentral.com)

Patent Pending

EPA Est. No. 85055

PackTite™ is assembled in the United States from components made in China, Taiwan and the U.S.A.