

## **BED BUG GUIDELINES**

The Mount Sinai Health System Real Estate Division is thoroughly informed in the current treatment and protocol for potential bed bug infestation. Our staff is available to guide you through preventative measures and the process for treatment if infestation occurs. If bed bugs are found in your apartment dwelling, immediately contact our Building Super and Property Management Staff and submit a work request on Building Link. Additionally, follow up with an email to [housing@mountsinai.org](mailto:housing@mountsinai.org) with our Housing Staff and a Building Property Manager will follow up with you to determine the next steps.

### **GUIDELINES**

In New York City, bed bug infestations are becoming a common problem in many households. Bed bugs are not known to transmit disease, but these small parasitic insects significantly impact the general quality of life in the homes they inhabit. Any person is at risk for getting bed bugs, regardless of background, type of home, or socio-economic status. In acknowledgement of this growing epidemic, it is important that we remain alert and aware of any bed bug presence in our buildings. Below are guidelines with **Q&A's** that provide helpful information in order for you to be properly aware and prepared if you suspect you may have bed bugs.

#### **What are Bed Bugs?**

Bed bugs are small, round, brownish insects. The size of bed bugs vary through their life cycle, but are about 4mm long (1/8 in.) and visible to the naked eye. Bed bugs feed mostly at night and can be found hiding in cracks and crevices in your furniture, often in mattress seams.

#### **Bed bug pictures (larger than actual size):**



#### **Indicators of Bed Bugs**

- Tiny dark red/brown spots or smears on your bed linens or mattress.  
*Bed bugs excrete remnants of digested blood as they feed.*
- Insect bites on your body  
*Bed bug bites can be hard to distinguish from other insect bites. Everyone reacts differently to the bites- from no itching at all, to severe allergic reactions. You will often find bed bug bites in a line or group of three to four bites.*
- Discarded Shed Skin  
*Shed bed bug skins are empty shells and retain the bed bug shape. Bed bugs molt multiple times before reaching maturity, leaving remnants of skin in areas it inhabits.*

## **BED BUG GUIDELINES**

### **YOUR RESPONSIBILITY**

1. Educate yourself about bed bugs. Our Mount Sinai Building website contains a section labeled “Library” where you can find more information on bed bugs (link below).  
**(<http://buildinglink.com/v2/tenant/Library/Library.aspx>)**
2. Notify your Building Superintendent and staff immediately if you suspect that you have bed bugs.  
***NOTE: If you suspect your room may have bed bugs, do not stay with a friend as the bed bugs can spread to other rooms.***
3. If bed bugs are found, work with our building staff to prepare your room/suite for a bed bug inspection and/or treatment. Thorough removal of bed bugs requires the cooperation of all parties involved. Extermination efforts often fail without proper management and compliance with control requirements.
4. Capture any insects you suspect may be a bed bug. This can help identify and confirm the presence of bed bugs and a control plan can therefore be quickly implemented.
5. **Do not** attempt to control the problem yourself and **do not** treat your room with any chemicals or sprays.
6. Take precautions when traveling to minimize the chance of spreading bed bugs to other locations.
7. **Do not** buy or bring second hand furniture into your apartment.

### **TIPS FOR BED BUG PREVENTION**

- Launder your clothing and bedding regularly to help reduce the chance of harboring bed bugs.
- Keep your room clean and orderly.
- Examine your mattress and surrounding area thoroughly every couple of weeks.
- When visiting hotels, inspect the room for signs of bed bugs prior to unpacking.

## **BED BUG GUIDELINES**

### **OUR RESPONSIBILITY**

1. Provide resources and information to educate residents about bed bugs and the process required if bed bugs are suspected.
2. Respond as soon as possible to any bed bug concerns or suspicions.
3. Take measures to detect and treat bed bug problems and guide tenants through all necessary bed bug related procedures.
4. Setup appointment(s) with our qualified professional exterminators to help detect and eradicate any present bed bugs at the Real Estate Department's expense.  
***NOTE:** The standard procedure to eradicate bed bugs requires at least three (3) treatments, with the 2<sup>nd</sup> and 3<sup>rd</sup> treatments occurring approximately 30 days after the initial treatment.*
5. Monitor potential resurgence of infected areas after treatment.

### **IMPORTANT NOTE**

**No one will be relocated to another apartment while treatment and post treatment are being performed.**

### **CONTACT INFORMATION**

**Mount Sinai Real Estate Office**

212-659-9630

**Mount Sinai Email**

[housing@mountsinai.org](mailto:housing@mountsinai.org)

**Property Management Staff**

212-659-9630

**EMERGENCY & AFTER HOURS**

**Contact for Rose Associates:**

800-862-1674