

# Mexico Housing Authority

www.mexicoha.com

## September 2015 Newsletter

828 Garfield, Mexico, Mo 573-581-2294

### Dates to Remember:

Bug Out Pest Control and Management will be in the units on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of each month to spray for pests. Please make sure screen doors are unlocked and pets are secured.

**2<sup>nd</sup> Friday, September 11<sup>th</sup>** – Trinity, Garfield, Seminary, Central, Walnut, Union, Calhoun and Bolivar.

**4<sup>th</sup> Friday, September 25<sup>th</sup>** – Boulevard, Macfarlane, Fieldcrest, Missouri, Wade, Liberty, Breckenridge, Singleton, Buchanan, Hassen, Holt and Lafayette.



RAB distribution and the Resident Association will take place on **Thursday, September 17<sup>th</sup>** between 3:00 – 4:00 at the Community Center.

Mexico Housing Authority will be closed on Monday, September 7<sup>th</sup> in observance of Labor Day.

# LABOR DAY

### Housekeeping Tips and Tricks:

**Cleaning with Vinegar:** Vinegar is a natural disinfectant, environmentally safe, and inexpensive. For a clean toilet without all the fuss, just pour a couple cups of vinegar into the toilet before bed, swish it with a toilet brush in the morning and flush!

Use vinegar to remove grease from stoves and countertops. Just soak a sponge or rag in vinegar and use it to wipe down the greasy surface. It cuts right through the grease.

Add a cup of vinegar to the rinse cycle when washing laundry and it will eliminate static cling, remove soap residue from clothes, soften your laundry and make your towels more absorbent.

Also, please keep in mind that there are certain things we look at when doing routine housekeeping inspections. This includes but is not limited to:

Ranges and refrigerators – The top of the range lifts up for easy cleaning, and the inside of the refrigerator and freezer must be kept clean at all times.

Toilets must be kept clean and free of stains and/or odor and sinks and tubs/showers kept free of soap scum and mildew.

Please keep your homes free of clutter. Clutter can attract unwanted pests and well as posing as a safety hazard. And remember to keep all items from obstructing doors, windows and other forms of emergency exits.

## Announcements and Reminders:

Starting **September 1<sup>st</sup>, 2015** we will have the ability to withdraw our tenants rent charges directly from their personal bank accounts every month. This is only for rent and cannot be done for maintenance or non-reoccurring charges. If you are interested in signing up for this please come by the office to sign a release form. Bring the following with you:

-----Voided Check

-----Name and Address of your Bank

**Mexico Senior Center serves a buffet lunch from 11:00-12:30 Monday thru Friday. Suggested donation of \$4.00 per meal per person 60 years and older, and \$6.50 charge for under 60.**

## REAC Inspections are coming SOON!

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Due to upcoming and new Federal Government regulations, ALL Public Housing Units and Property will soon become NON-SMOKING. More information to come.



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“Do the difficult things when they are easy, and do the great things while they are small. A journey of a thousand miles must begin with a single step.”

----Lao Tzu

## FUN FACTS!!!!

\*\*You are about one centimeter taller in the mornings than in the evening!!

\*\*A crocodile cannot stick out its tongue.

\*\*Blueberry juice boosts memory.

\*\*Your fingernails grow faster in the Summer.

## Tree Word Search

J K K S N C V T R C O V Z C A  
 U Z C F B H R B M A P L E O S  
 W F R O F N A Q R N C P V T P  
 H C R A L S Q A V E Q V M T E  
 C W Q C S M L M D I R K H O N  
 P E O W D P E A G I V F S N L  
 Z V O B O T R H F U O H B W E  
 E O Y P E Z Y R O K C I H O R  
 D N I M I E S E K M A B N O G  
 P E I W F T C R Y M U N E D Q  
 Y A Y P C Q V H Y D T A C C S  
 B M V O S C L L D Y Y F U G N  
 S M X O T F Q V T X O H R Z K  
 T P M W G Y C E W T C J P C A  
 B O E L M B S A H C J L S J O

ASPEN	BASSWOOD	BEECH
CEDAR	COTTONWOOD	ELM
FIR	HEMLOCK	HICKORY
LARCH	MAPLE	OAK
PINE	POPLAR	SPRUCE



# MHA Feedback Form

In order to continuously provide a safe, sanitary home for our tenants we would greatly appreciate your input on your most recent maintenance experience.

Please take a moment to fill out the following form with your most honest answers and return it to the office at your earliest convenience.

## HOW DID WE DO?

How would rate our maintenance staff? On a scale of 1 (bad) to 5 (exceptional).

1      2      3      4      5 (circle one) Please Explain:

How would rate our office and personnel staff? On a scale of 1 (bad) to 5 (exceptional).

1      2      3      4      5 (circle one) Please Explain:

If MHA were to change our office hours from 8:00am – 5:00pm to **8:00am – 4:30** with only half an hour closure for lunch, would that provide more convenience for you as a resident?

No     Yes    Explain:

Please take a moment and share your most recent experience with our office or our staff. We want to hear from you regarding this experience, good, bad or otherwise. Use the back of this form or attach another sheet if necessary.

Is the problem fixed and was it fixed to your expectations?

No     Yes    Explain:

## OTHER COMMENTS OR SUGGESTIONS

Please include any comments or suggestions that you'd like to share about our maintenance staff, office personnel, and our housing authority.

## Do You Get Temporary Assistance?

# Read about Changes Due to a New Law!



### What are the changes?

- ◆ **As of August 28, 2015:** Your benefits will be cut in half and then stopped if you do not participate in work activities.
- ◆ **As of January 1, 2016:** Your lifetime limit drops from 60 to 45 months.
- ◆ These changes affect most TA recipients, with few exceptions.



### Does this impact other benefits?

- ◆ No. This only affects Temporary Assistance benefits. It does not apply to Food Stamp, MO HealthNet (Medicaid) or other benefits.

### We can help.

- ◆ Contact your Missouri Work Assistance (MWA) provider to participate in eligible activities.
- ◆ Go to [dss.mo.gov/fsd/missouri-work-assistance.htm](http://dss.mo.gov/fsd/missouri-work-assistance.htm) to find the nearest MWA office or see listing on back of this flyer.
- ◆ Search for job openings based upon your individual skills and download the mobile app at [jobs.mo.gov](http://jobs.mo.gov).

### Questions?

Visit [dss.mo.gov/fsd](http://dss.mo.gov/fsd) or call 855-373-4636

Relay Missouri: 711

If you need help with a language other than English, call 1-855-373-4636 and tell the representative the language you need.

The Family Support Division is an equal opportunity provider and employer.



*Missouri Department of Social Services*  
**FAMILY SUPPORT DIVISION**

## Statewide MWA Location Listing—by City

<b>Alton</b> MERS/Goodwill – Oregon (417) 778-1860	<b>Columbia</b> Boone County Family Resource Ctr. (573) 443-1100	<b>Kennett</b> MERS/Goodwill – Dunklin (573) 888-9990	<b>Rolla</b> MERS/Goodwill – Phelps (573) 364-0428	<b>Warsaw</b> West Central Missouri CAA – Benton (660) 438-9737
<b>Appleton City</b> West Central Missouri CAA – St. Clair (660) 476-2185	<b>Columbia</b> Central Missouri Community Action (573) 443-8706	<b>Kirksville</b> MERS/Goodwill – Adair (660) 627-2857	<b>Salem</b> MERS/Goodwill – Dent (573) 739-4727	<b>Washington</b> MERS/Goodwill – Franklin (636) 390-4605
<b>Arnold</b> MERS/Goodwill – Jefferson (636) 287-9098	<b>Crocker</b> MERS/Goodwill Outreach – Pulaski (417) 718-9146 or (573) 336-4028	<b>Lebanon</b> MERS/Goodwill – Laclede (417) 532-5337	<b>Savannah</b> Community Action Partnership of Greater St. Joseph (816) 233-8281	<b>Waynesville</b> MERS/Goodwill Outreach – Pulaski (573) 336-4028
<b>Ava</b> MERS/Goodwill – Douglas (417) 250-0242	<b>Dexter</b> MERS/Goodwill – Stoddard (573) 624-6481	<b>Linn</b> Osage County Family Resource Ctr. (573) 897-3523	<b>Sedalia</b> Missouri Valley CAA – Pettis (660) 826-0804	<b>West Plains</b> West Central Missouri CAA – Howell (417) 255-1580
<b>Belle</b> MERS/Goodwill Outreach – Maries (573) 364-0428	<b>Doniphan</b> MERS/Goodwill – Ripley (573) 996-1965	<b>Marble Hill</b> MERS/Goodwill Bollinger County (573) 238-2173	<b>Sikeston</b> MERS/Goodwill – Scott (573) 472-0095	<b>Wheatland</b> West Central Missouri CAA – Hickory (417) 282-6642
<b>Belton</b> West Central Missouri CAA – Cass (816) 318-3922	<b>East Prairie</b> MERS/Goodwill – Mississippi (573) 683-7551	<b>Marshall</b> Missouri Valley CAA – Saline (660) 831-0498	<b>Springfield</b> Springfield Career Center (417) 887-4343 or (800) 562-7284	<b>Winona</b> MERS/Goodwill – Shannon/Carter (573) 325-1391
<b>Bethany</b> Green Hills CAA – Harrison (660) 359-3907	<b>El Dorado Springs</b> West Central Missouri CAA – Cedar (417) 876-3122	<b>Maryville</b> Maryville Career Center (800) 711-5408	<b>St. Charles</b> MERS/Goodwill – St. Charles (636) 947-7705	
<b>Boonville</b> Cooper County Family Resource Ctr. (660) 882-5601	<b>Eldon</b> MERS/Goodwill Outreach – Miller (573) 873-2773	<b>Mexico</b> Audrain County Family Resource Ctr. (573) 582-7864	<b>St. James</b> MERS/Goodwill Outreach – Phelps (573) 836-3223 or (573) 364-0428	
<b>Bourbon</b> MERS/Goodwill Outreach - Phelps (573) 364-0428	<b>Farmington</b> MERS/Goodwill - St. Francois (573) 747-1509	<b>Moberly</b> Randolph County (660) 263-0514	<b>St. Joseph</b> Community Action Partnership of Greater St. Joseph (816) 233-8281	
<b>Branson</b> Branson Career Center (417) 334-4156	<b>Fayette</b> Howard County Family Resource Ctr. (660) 882-5601	<b>Monett</b> Monett Career Center (417) 893-9052	<b>St. Louis</b> Better Family Life – St. Louis County (314) 679-3314	
<b>Brookfield</b> Green Hills CAA – Linn (660) 342-2616	<b>Fredricktown</b> MERS/Goodwill – Madison (573) 783-4215	<b>Mountain Grove</b> MERS/Goodwill – Wright (417) 926-1545	<b>Better Family Life – St. Louis City</b> (314) 361-9692	
<b>Brunswick</b> Missouri Valley CAA – Chariton (660) 831-0498	<b>Fulton</b> Callaway County Family Resource Ctr. (573) 642-3316	<b>Nevada</b> West Central Missouri CAA – Vernon (417) 667-5976	<b>Better Family Life - Ritz Center - St. Louis City</b> (314) 892-2849	
<b>Butler</b> West Central Missouri CAA – Bates (660) 679-9014	<b>Gainesville</b> MERS/Goodwill – Ozark (417) 250-0242	<b>New Madrid</b> MERS/Goodwill – New Madrid (573) 748-2964	<b>St. Peters</b> MERS/Goodwill Outreach - St. Charles Co. (636) 255-6060	
<b>California</b> Moniteau County Family Resource Ctr. (573) 796-3238	<b>Hamilton</b> Green Hills CAA - Caldwell (660) 365-0561	<b>Owensville</b> MERS/Goodwill Outreach – Gasconade (573) 364-0428	<b>St. Robert</b> MERS/Goodwill - Pulaski (573) 336-4028	
<b>Camdenton</b> MERS/Goodwill – Camden (573) 873-2773 or (573) 873-2774	<b>Hannibal</b> MERS/Goodwill – Marion (573) 248-2520	<b>Perryville</b> MERS/Goodwill - Perry (573) 517-7817	<b>Ste. Genevieve</b> MERS/Goodwill - Ste. Genevieve (573) 883-2003	
<b>Cameron</b> Community Action Partnership of Greater St. Joseph (816) 233-8281	<b>Higginsville</b> Missouri Valley CAA – Lafayette (660) 584-3131	<b>Piedmont</b> MERS/Goodwill – Wayne/Reynolds (573) 223-3592	<b>Steelville</b> MERS/Goodwill Outreach - Crawford (573) 836-3223 or (573) 364-0428	
<b>Canton</b> Lewis County NECAC (573) 248-2520	<b>Houston</b> MERS/Goodwill – Texas (417) 967-0575	<b>Plattsburg</b> CAPST.JOE - Dekalb (816) 351-6461	<b>Trenton</b> Green Hills CAA - Grundy (660) 359-3907	
<b>Cape Girardeau</b> MERS/Goodwill - Cape Girardeau (573) 334-0990	<b>Independence</b> LINCWorks Farmont Comm. (816) 303-0660	<b>Poplar Bluff</b> MERS/Goodwill – Butler (573) 686-6004	<b>Troy</b> Lincoln Co. NECAC (636) 456-2588	
<b>Carrollton</b> Missouri Valley CAA – Carroll (660) 542-0418	<b>Ironton</b> MERS/Goodwill - Iron (573) 546-0225	<b>Potosi</b> MERS/Goodwill - Washington (573) 438-0302	<b>Unionville</b> Green Hills CAA – Putnam (660) 359-3907	
<b>Caruthersville</b> MERS/Goodwill – Pemiscot (573) 333-0012	<b>Jefferson City</b> Cole County Family Resource Center (573) 635-4480	<b>Princeton</b> Green Hills CAA - Mercer (660) 359-3907	<b>Versailles</b> West Central Missouri CAA – Morgan (573) 378-4940	
<b>Chillicothe</b> Green Hills CAA – Livingston (660) 359-3907	<b>Joplin</b> Joplin Career Center (417) 623-1208	<b>Richland</b> MERS/Goodwill Outreach - Camden, Laclede, & Pulaski (573) 873-2773	<b>Warrensburg</b> Missouri Valley CAA – Johnson (660) 747-2245	
<b>Clinton</b> West Central Missouri CAA – Henry (660) 885-5110	<b>Kansas City</b> LINCWorks (816) 303-0660	<b>Richmond</b> Missouri Valley CAA – Ray (816) 776-6057	<b>Warrenton</b> MERS/Goodwill – Warren (636) 456-2588	



# Food Stamp Recipients

## Volunteer for the Missouri Employment and Training Program

**Serving individuals who want to reduce their dependency on Food Stamps**

If you receive food stamps, you are eligible to participate in the **Missouri Employment and Training Program** (METP). We can help you prepare for employment or increase your earnings so that you can reduce your dependency on food stamps. We will help you develop a work plan that includes skills training, education on conducting a job search and guidance to help you develop skills that will make you successful on the job. We are here to help you succeed!

### We assist

- Individuals receiving food stamps who want to find work or improve their earnings and reduce their dependence on food stamps.



### Here's how it works:

- After you receive your approval for food stamps, call the METP office toll-free at 1-855-278-0354, or email us at [METP@missouri.edu](mailto:METP@missouri.edu).
- An METP program specialist will contact you to help you develop a plan to get a job or increase your current earnings.
- Your plan may include job search training, educational opportunities to help you develop skills, or referrals to other services to help you succeed.
- We will be in touch with you as needed to support you in accomplishing your goals.

### Missouri needs workers

Employers in your area need workers in **transportation, healthcare, customer service, manufacturing and construction**. Although METP is not a placement agency, we may be able to provide financial support for you to be trained for a job in these industries. We can also help you receive training in:

- **Job search skills**, such as resume preparation, interviewing and completing job applications
- **Business skills** such as accounting, communications and computing
- **Workplace skills** such as communication, teamwork and dealing with conflict
- **Financial management skills**, such as budgeting and avoiding debt and credit scams

## You should know:

- METP is a completely voluntary program.
- METP services are available to you as long as you receive food stamps.
- METP services are offered at no cost to you.
- You will not be paid to participate in METP programs, but you MAY be eligible for limited transportation assistance to help you in your job search.
- Your success in training will have no bearing on your allotment of food stamps.
- We are here to help you succeed, and we will continue to work with you until you no longer want to participate in the programs or no longer receive food stamps.



**Contact METP Today!**

**Missouri Employment and Training Program**

**1-855-278-0354**

**[METP@missouri.edu](mailto:METP@missouri.edu)**

**We look forward to working with you!**

The U.S. Department of Agriculture prohibits discrimination against its customers, employees and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation or all or part of an individual's income is derived from any public assistance program or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usdagov/complaint\\_filing\\_cust.html](http://www.ascr.usdagov/complaint_filing_cust.html), or at any USDA office, or call 866-632-9992 to request the form. You may also write a letter containing all of the information requests in the form. Send your completed complaint form or letter by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 by fax 202-690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339 or 800-845-6136 (Spanish). For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP hotline number at 800-221-5689, which is also in Spanish or call the state information hotline numbers found online at <http://www.fns.usda/snap/contactinfo/hotlines.htm>. USDA is an equal opportunity provider and employer.

SW Rev. 4/15



August, 2015

Activity Calendar

Mexico Senior Center, 606 Park St., Mexico, Missouri 581-7743

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Line Dancing 9:00-10:30 a.m.	4 Pool Tournament 9:30 a.m.	5	6 Fun Bingo 12:45 p.m.	7	8
9	10 Line Dancing 9:00 -10:30 a.m.	11 Pool Tournament 9:30 a.m.	12 Health Department Blood pressure Screenings* 10a.m. to noon	13 Fun Bingo 12:45 p.m.	14 Blood Pressure Clinic 10-12a.m.	15
16	17 Line Dancing 9:00 - 10:30 a.m.	18 Pool Tournament 9:30 a.m.	19 <b>Recognize August Birthdays @Anniv.</b>	20 Fun Bingo 12:45 p.m.	21	22
23	24 Line Dancing 9:00 - 10:30 a.m.	25 Pool Tournament 9:30 a.m. <b>Foot Clinic 10 am to noon</b>	26 Health Department Blood Pressure Clinic 10a.m. to noon *	27 Fun Bingo 12:45 p.m.	28	29
30	31 Line Dancing 9:00-10:30					



Mexico Senior Center  
606 Park, Mexico 581-7743

**Master**  
**August 2015**

Soup Daily at 10:30!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> *Chop.HamburgerSteak *Catalina Blend *Mashed Potato/Gravy *Ambrosia Salad Teriyaki Chicken  Chocolate Cake *Fruited Jello	<b>4</b> Scrambled Eggs Sausage or Ham Fruit O'Brian Potatoes Biscuit & Gravy  Cherry Pie/Ice Cream *Fruited Jello	<b>5</b> *Smothered Chicken *Mashed Potato/Gravy *Cranberry/AppleSalad Liver & Onions Zucchini Casserole  Chocolate Chip Bars *Fruited Jello	<b>6</b> *Salisbury Steak *Tomato/lettuce/chees *Mashed Potato/Gravy Turkey Mixed Vegetable  Pudding *Fruited Jello	<b>7</b> Catfish *Broccoli *Roasted Potatoes BBQ Beef Cole Slaw  Ice Cream Bars *Fruited Jello
<b>10</b> *Meatloaf *Carrots *Tossed Salad Baked Ham Mashed Potatoes/Gravy  Pudding *Fruited Jello	<b>11</b> *Baked Chicken *Mashed Potato/Gravy *Oriental Blend Polish Sausage Sauerkraut  Carrot Cake *Fruited Jello	<b>12</b> *Grilled Chicken Breast *Tuscan Blend *Baked Potato Cheeseburger Cauliflower  Cookies *Fruited Jello	<b>13</b> *Baked Pork Chop *Apple Sauce *Broccoli Sweet&Sour Meatballs Cheesy Potatoes  Watermelon *Fruited Jello	<b>14</b> Salmon *Sliced Tomatoes *Sweet Potato Lemon Chicken Corn Salad  Fruit Crisp *Fruited Jello
<b>17</b> *HamburgerSliders/Bun *Sweet Potato *Green Beans Pork Chop Tossed Salad  Pineapple up/dn Cake *Fruited Jello	<b>18</b> *Roast Beef *Mashed Potato/Gravy *Tomato/CucumberSalad Pork Riblet Coleslaw  Choice of Pudding *Fruited Jello	<b>19</b> *Easy Roast Chicken *RoastedRedSkinPotat *Broccoli Taco Salad Carrots Birthday Cake/ Ice Cream *Fruited Jello	<b>20</b> *Meatloaf *Roasted Vegetables *Spinach Chicken Livers Mashed Potatoes/Gravy  Strawberry Shortcake *Fruited Jello	<b>21</b> *Crispy Herb Bk Chicken *Brussels Sprouts *Mixed Vegetables Sliced Tomatoes Potato Salad  Cookie *Fruited Jello
<b>24</b> *Apple Juice Chicken *Peas & Carrots *Tossed Salad Pizza Pinwheels Cheesy Potatoes  Lemon Mousse *Fruited Jello	<b>25</b> *BBQ Chicken Leg *Baked Sweet Potato *Italian Blend Beef Burrito Hominy  Strawberry Pie *Fruited Jello	<b>26</b> *Taco Bar *Cucumber/TomatoSalad *Refried Beans Ham & Beans Mexican Corn Cornbread Watermelon *Fruited Jello	<b>27</b> *Roasted Pork *Broccoli *Mashed Potato/Gravy Spaghetti Marinated Vegetables  Apple Cobbler *Fruited Jello	<b>28</b> Catfish *California Blend *Cooked Cabbage Chicken Pot Pie Potato Wedges  Ice Cream/Topping *Fruited Jello
<b>31</b> *Grilled Chicken Salad Mexico Senior Center *Tuscan Blend Ham & Beans Apple Salad Cornbread Butterscotch Mousse *Fruited Jello	<p>A buffet lunch is served from 11:00 to 12:30 Monday thru Friday. Suggested donation is \$4.00 per meal for persons 60 years and older &amp; spouse regardless of age. For persons under 60 years of age there is a charge of \$6.50. The Center is open Monday thru Friday from 8:00 a.m. to 4:00 p.m. for lunch &amp; activities.</p>			

Subject to change without Notice

Whole Wheat Bread served daily

Diabetic Dessert is Fruited Jello



If you think you may have bedbugs please remove the contaminated furniture immediately, wash all bedding and clothes in HOT water and contact Mexico Housing Authority immediately!!!

573-581-2294

Mexico Housing Authority  
828 Garfield Ave, Mexico, MO 65265

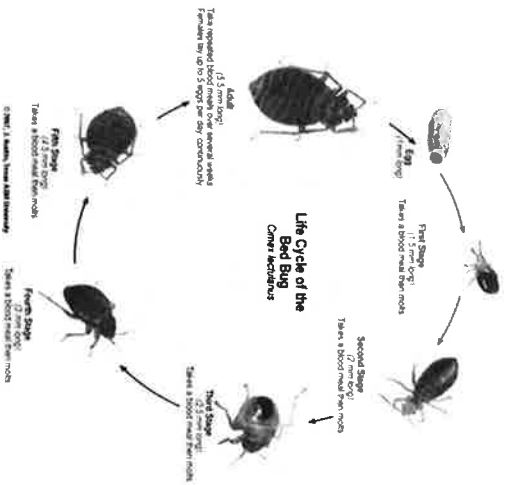
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# Bed Bugs

Tips for  
Prevention and  
Safe  
removal

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## What are bedbugs?

Bedbug infestations are becoming a **very serious** issue in housing authorities throughout the country. No matter how rich or how poor, how clean or how dirty, anyone or any home can get bedbugs. Bedbugs typically hide in cracks and crevices in dark and undisturbed locations close to their hosts. They can live for long periods of time and although visible to the naked eye, they may be difficult to detect. Bedbugs live on human and animal blood and need this food in order to mate. A female can lay up to 500 eggs in her lifetime so having just a few bed bugs can turn into a infestation very quickly.

## Prevention

Bedbugs prefer to live in cracks and crevices such as baseboards, window/door frames, headboards, bedframes, mattresses, furniture, clothing, molding, and even screw holes.

Tips to prevent bedbugs:

- Inspect in and around sleeping areas once a month
- Do not pick up or buy used or discarded furniture and mattresses
- Inspect for bedbugs when traveling away from home or staying in hotels
- Seal baseboard, cracks, crevices, heat, plumbing, and electrical services shared between apartments with pest proofing sealants.
- Enclose mattresses and box springs in a commercially certified, high quality, sealed, plastic cover.



## Removal

**Early Detection is Critical.** Bedbugs can spread quickly so the longer you wait the more likely the problem is to spread and become more difficult and expensive to control and remove.

Tips for removal of bedbugs:

- Thoroughly vacuum all observed and suspected sites where the bedbugs have been observed as well as your entire home. Place vacuum bag in a tightly sealed plastic bag and discard immediately.
- Launder all clothes, bedding, curtains, and towels in **HOT** water and place in dryer at high heat for at least 20 minutes
- Place and seal all recently laundered items inside new large plastic bags or tightly closed bins to prevent any bedbugs from reinfesting them
- Never use insecticide bombs, total release foggers, camphor, kerosene, diesel, gasoline, alcohol, or other similar products for in home treatment.
- Isolate and contain items that have been properly cleaned and carefully introduce the cleaned items back into the household
- Notify Mexico Housing Authority **IM-MEDIATELY**