



GOT BEDBUGS?

What is a bed bug?

Adult bed bugs are reddish-brown, wingless insects about the size of an apple seed. When viewed from the side, they are flat, which is why they can fit into such narrow spaces. Newly hatched bugs are white or yellowish, and resemble the adults, but are smaller. Bed bug eggs are white, about the size of a pinhead, and are found in crevices in clusters of 10 to 50.

Where are bed bugs found?

Bed bugs are highly adapted to human environments. They are often found near sleeping areas in the seams of mattresses, box springs, cracks and crevices in bed frames, and usually spread to gaps behind baseboards, pictures, wallpaper and electrical outlets.

How do I get bed bugs?

- from eggs and bugs that are carried in on clothing
- from infested items brought into the home
- from a nearby infested dwelling (multi-family dwelling)
- carried into the home from pets



Do bed bugs affect my health?

Bed bugs do not spread disease through bites. However, the salivary fluid from bedbugs can cause localized irritation or inflammation of the skin.

How do I get rid of bed bugs?

- Remove clutter such as pictures, books and clothing from the infested area, so there are fewer places for the bugs to hide.
- Vacuum to remove some of the bed bugs; eggs are glued in place and can't be removed by vacuuming alone. They must be scraped off. When vacuuming, concentrate on mattress seams and around any tufts or buttons. Vacuum wherever your inspection revealed the presence of bed bugs—furniture, box springs, bed frames, floors and baseboards. Remove and discard the vacuum bag immediately; place it in a sealed plastic bag and dispose of it in an outdoor garbage can.
- Infested items such as clothing, shoes, bedding and blankets can be placed in a clothes dryer on high heat for 20 minutes to kill bed bugs and their eggs.
- Mattresses and box springs may be enclosed in a bed bug-proof zippered cover to kill the bugs inside. The cover should remain in place for more than one year, because bed bugs can survive a long time without feeding.

Chemical Pest Control

Infestations will usually require the use of pesticides in conjunction with cleaning and vacuuming methods. Chemicals are most safely applied by a licensed professional. Professionals have access to the insecticides most effective against bed bugs and are trained in their proper application. Improper application of chemicals is dangerous, and may even make the problem worse. For example, bug bombs are not effective, and may scatter bed bugs to other rooms or neighboring apartments. Repellents such as DEET do not work against bed bugs.

Important Points to Remember

- Be careful when acquiring used items from another home.
- Use a licensed pest control operator for infestations.



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