

Bed Bugs

HOW DO I KNOW IF I HAVE BED BUGS?

The first sign will most likely be what look and feel like mosquito bites on your body. You may also notice dark-brown or reddish spots – bug feces - on bed linens, mattresses, or walls near the bed.

WHERE DO BED BUGS LIVE?

Bed bugs can live and hide almost anywhere - your mattress and box spring, carpeting, upholstered furniture, baseboards, walls, drawers, floors, bed posts, picture frames, stuffed toys, paper, electrical switch plates

WHAT DO BED BUGS LOOK LIKE?

Adult bedbugs are usually reddish-brown, although at a certain stage they may appear white. They have flattened oval bodies and measure around 4 to 5 mm. Their eggs are the size of a poppy seed; their larvae, the size of a grain of rice.

ARE BED BUGS DANGEROUS?

Bed bugs are more of a nuisance than a health hazard. They are not known to transmit infectious diseases.

HOW CAN I GET RID OF BED BUGS?

Getting rid of bedbugs is not easy. These tips can help:

- Thoroughly scrub, vacuum and de-clutter every surface of the infested area. Use your vacuum attachments to vacuum base boards, mattresses, bed frames, and drapes. Dispose of the used vacuum bag.
- Place mattresses in plastic covers to keep bedbugs out, if unaffected or trapped inside, if they are already there.
- Consider placing furniture, bedding, clothing and other items outside in very hot or freezing weather to kill off bed bugs or protect such items from becoming infested.
- Wash stuffed toys, bedding, pillows, pillow cases, sheets, mattress covers, blankets, drapes and clothing in hot water.
- Seal all washed, uninfected items in plastic bags.
- Seal any holes and cracks that could be used as the bed bugs' day-time hiding places.
- Move beds a few inches from the walls and don't allow bedding to touch the floor.
- After everything is thoroughly cleaned and de-cluttered, your home should be chemically treated. If possible, hire a professional to administer exterminating chemicals. **If you cannot hire a professional, be very careful that you fully understand and follow ALL manufacturer's instructions before chemically treating your home. Multiple applications will probably be necessary. Remember: Toxic chemicals are especially dangerous to children and pets.**

HOW CAN I AVOID PLACES INFECTED BY BED BUGS?

The Bed Bug Registry is a free, public database of user-submitted bed bug reports: <http://bedbugregistry.com>. Others can be found on Google.

ARE THERE PRECAUTIONS I CAN TAKE WHEN TRAVELING?

Keep your bags zipped and don't set them on the floor. Inspect the bed before getting in - the covers, sheets and mattress pad. When you return home, wash everything in hot water. Inspect your suitcases for bugs and eggs before taking them inside.