

Things you can do to rid your home of Bed Bugs

Reduce clutter to reduce hiding spaces for bed bugs.

Thoroughly clean all rooms.

Scrub infested surfaces with a stiff brush to dislodge eggs.

Dismantle bed frames to find hiding places.

Remove drawers from furniture and turn furniture over, if possible.

Use a powerful vacuum to remove bed bugs from cracks and crevices.

Seal used vacuum bags in a plastic bag and place in the outside trash.

Steam clean carpets to kill bugs and eggs that the vacuum missed.

Encase mattresses and box springs in special mattress bags.

Seal any holes in mattress bags with permanent tape.

Pull bed frame away from the wall.

Tuck in sheets and blankets so they don't touch the floor.

In the most serious cases of infestation, insecticide applications may be necessary. This should be done by a licensed pesticide professional after infestation areas have been cleaned as thoroughly as possible.

Some Quick Facts about Bed Bugs

A single, pregnant female can start an infestation.

Bed bugs hate light, so if you can't change rooms, sleep with the light on.

They can go for months without food.

Bed bugs can survive 120°F temperatures for several days.

They can survive freezing temperatures for several weeks.

Bed bugs are very sticky and difficult to remove, making them efficient "hitchhikers".

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Good Night Sleep Tight,



Don't let the Bed Bugs Bite!

Keeping your home and family safe from Bed Bugs

What are bed bugs?

Bed bugs are fairly small; young bed bugs are about the size of a poppy seed and adults are about a quarter of an inch in length. Their bodies are oval and flat, and their color ranges from

nearly white (after molting) to deep brown (after feeding).

These pests tend to be most active at night. They cannot fly or jump but they crawl. To live, bed bugs bite humans and other warm blooded hosts.



They come out at night and hide in the presence of light. Their size and shape make it easy for them to hide. Although misconceptions have led people to believe that they are not visible to the eye, they are, in fact, visible and easy to spot.

Do bed bugs spread disease?

Bed bugs are not known to spread disease. They inject a small amount of saliva into the skin while feeding. An allergic reaction to the saliva may cause the area around the bite to become swollen and itchy. Do not scratch bites as this may worsen the irritation and scratching may lead to secondary infection.



How do bed bugs travel?

They move from place to place by "hitchhiking" in items such as luggage, backpacks, and even furniture, for instance, wicker furniture provides lots of hiding places. They can survive and thrive in a variety of spots such as houses, apartments, hotel rooms, and college dorms. Travelers returning from countries where bed bugs are common often bring them home in their luggage and clothes. Second hand furniture is also a

common way for bed bugs to enter your home.

The cleanliness of a dwelling has little to do with the level of bed bug infestation. Bed bugs will thrive in any location that provides warm blooded hosts and plenty of hiding places.

Can bed bugs be transferred from one person to another?

Bed bugs are generally inactive during the day, so the possibility of transferring them from one person to another is very low. Remember, however, that they move from place to place by hitchhiking so you should always check your luggage and related items when you travel. Also, when buying used furniture inspect it closely before bringing it home.

How do I stop the itching from bed bug bites?

Anti-itch creams can help relieve itching from bed bug bites. You can usually find over-the-counter creams in drug stores. You should consult with your doctor or pharmacist for more information.

It is important to remember that even though you can reduce itching by using anti-itch creams, they don't get rid of the problem. It is important to seek help getting rid of the bed bugs or they will continue to find and bite you.

How do I know if I have bed bugs in my home?

It can be difficult to determine if you have a bed bug problem because these insects feed at night and hide during the day. While bed bugs can be found in any area of the home, bedroom. Regularly inspecting the bedrooms in your home is a good place to start. Some places to look for bed bugs include:



- In seams of mattresses
- Behind head boards and bed frames
- Between cracks and crevices of walls
- Where carpeting adjoins walls
- In furniture and dresser drawers
- In seams of curtains that touch the floor



How do I prevent bringing bed bugs home with me?

If you have visited a dwelling infested with bed bugs, these procedures will help prevent bringing the pests home:

- Wash all clothing in 120° F water and use the hottest setting on the dryer before or as soon as the clothing is brought back into the home
- Suitcases should be carefully inspected, scrubbed with a stiff brush, and thoroughly vacuumed
- Seal the luggage in a plastic bag for months to prevent bed bugs from feeding and they will eventually die. Bed bugs can live several months without a blood meal
- Leaving luggage for several hours in a closed vehicle in full summer sun may also kill bed bugs

How do I get rid of bed bugs?

Several different kinds of insects resemble bed bugs, so any bugs found in your home should be carefully compared to pictures to be sure they actually are bed bugs. A pest control expert or entomologist can help you identify any insects you collect.

Once you are sure you have bed bugs in your home it is important to minimize hiding places by eliminating as much clutter as possible and to devise an extermination plan. There are a number of things you can do to rid your home from bed bugs.