



Bed Bugs

EXPLANATION & ELIMINATION



What:

Bed Bugs are small reddish-brown insects that feed on blood and tend to live in our homes. Bed bugs are not known to cause diseases but do bite, causing painful, itchy, red, and raised bumps that are often found in lines or clusters



Bed bug bites



1 Locate

- Look for live or dead bed bugs, molted skins, white eggs, and poop stains.
- Using a flashlight look at mattress seams, box springs, bed frames, soft furniture, books, toys, baseboards, and carpet.

- Even the cleanest individuals and homes can get bed bugs.
- Piles of clothes, and unwashed bedding can house bed bugs.
- Daily cleaning and vacuuming are needed to remove live and dead bugs.
- Lint rollers can also help pick up molted skins or eggs that may be difficult to see.

Cleaning 2



3 Bag It

- Bag up items that may have bed bugs or are at risk of housing bedbugs.
- Place clothes in a dryer on high for at least 30 minutes.
- Put mattresses and box springs in protective bedbug covers. If able, place the bed frame on bed bug traps.
- Some items may need to be thrown away if they cannot be properly cleaned.

- When used correctly, steam can kill all life stages of bed bugs.
- Slowly run a steamer (about 20 seconds per linear foot) over items that have bed bugs.
- Steamers with a wide nozzle, such as a clothing steamer, work best.

Steam 4