



What should I do if I have bed bugs?

According to the NPMA's Bed Bugs in America survey, bed bugs are THE most difficult pest to treat – more than cockroaches, termites and ants! Generally, they cannot be reliably controlled with do-it-yourself measures.

A successful bed bug control strategy starts with a careful, thorough inspection by a pest professional to pinpoint where bugs may be harboring. Other valid inspection tools may include specially trained bed bug scent detection canine teams or bed bug monitors. Monitors, dogs, and other tools have advantages and disadvantages depending on the situation; a trained pest professional can help guide you through the process. Then, the pest professional will develop a treatment and control strategy consistent with the extent of the infestation and in consultation with you, the customer.

There are multiple treatment options available for professionals to eliminate bed bug infestations including:

- Vacuuming
- Freezing
- Steam
- Heat Treatments
- Fumigation
- Application of Pesticides

However, it can take several treatments, often using a combination of strategies, to control bed bugs, and follow up visits by a pest professional are often necessary.



Bed Bug Prevention Tips

There are many things you can do to prevent bed bugs in your everyday life. Here are 10 tips:

- 1 Know the signs and investigate. Bed bugs can shed their skin and leave dark stains or spots on surfaces.
- 2 Change your bed linens often and stay on the lookout for evidence of an infestation.
- 3 Inspect hotel rooms before you settle in – under, over, and in-between cracks and crevices. Remember, they're not just in beds.
- 4 Place clothes in a plastic bag when traveling. When you arrive home, inspect your suitcase, then wash and dry the clothes on high heat.
- 5 Watch out for used mattresses, antiques and second-hand furniture. Examine them, too – before bringing them home.
- 6 Inspect new clothes before you leave the store and wash them before putting them away.
- 7 Wherever you go, keep your bags and things off the floor when you can.
- 8 De-clutter. Then, if bed bugs do get in, you can more easily detect them, call a professional and avert a crisis.
- 9 If you see or feel anything suspicious, don't ignore it.
- 10 If you suspect an infestation, call a pest professional immediately. Bed bugs are not a do-it-yourself project.

Learn More:

To learn more about bed bugs and how to protect your home and family, or to locate a local pest professional, visit: PestWorld.org | AllThingsBedBugs.org



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PREVENT BED BUGS AT HOME



Everything you need to know to protect your family.

They are small, feed on human blood and may be taking up residence in your home. We're talking about bed bugs and there's no doubt about it — they are back!

After many decades of virtual extinction in the United States, bed bugs are now found in almost every region of the world as well as all 50 states. In fact, one-out-of-five Americans has come in contact with these bloodthirsty creatures or knows someone who has encountered them.

Having bed bugs can be a nightmare for people since they breed quickly and are very difficult to control. People may feel embarrassed or disgusted if they have bed bugs. However, they are not a result of poor sanitation and don't discriminate.

Pest control companies regularly find infestations everywhere:

- Single-family homes, apartments, condominiums, as well as college campuses;
- Hospitals, nursing homes and shelters;
- Five-star hotels and budget motels;
- Office buildings, retail stores, restaurants, movie theaters, and even on public transportation.

As bed bugs become more common, it is important to take steps to prevent them and understand what to do if you think you have an infestation.

What do bed bugs look like?

Bed bugs are small insects with flat, wingless, oval-shaped bodies. They have six legs and two antennae. Other distinguishing characteristics include:

- Unfed adults are mahogany to rusty brown in color. After a blood meal, bed bugs turn reddish-brown. Nymphs, or baby bed bugs, are nearly colorless when they first hatch and become more brown as they mature.

- Adult bed bugs are about 1/4 inch long and are compared to apple seeds or lentils in size. The nymphs are even smaller.



Where do they hide?

Bed bugs are excellent hitchhikers and are easily transported. They like to hide in small cracks and crevices close to a human environment. Contrary to popular belief, bed bugs are *not* just found in beds.

They can hide in numerous places including:

- Linens and upholstery
- Furniture crevices and wood trim
- Electrical boxes and outlets
- Behind wallpaper, picture frames and baseboards

What are the signs of bed bugs?

An early warning indicator of bed bug presence is small reddish-brown fecal spots on bed linens and mattresses. Bed bugs also leave behind molted skins and white, sticky eggs.

Another sign of a bed bug infestation is swelling and itchy, red welts on legs, arms and other body parts. Although bed bug bites are painless upon first contact, most people develop an allergic reaction to the saliva injected by the bug as it feeds, which may itch for days. However, some people do not have reactions to bed bug bites at all.



Are bed bugs dangerous?

Unlike many other pests, bed bugs are not known to spread any specific diseases. However, they are considered to be a public health pest due to the extreme difficulty of controlling them and the mental health implications often triggered by infestations such as sleeplessness, anxiety and social isolation.

