

## What Do Bed Bugs Look Like?

- ◆ Adults are rusty red, and apple seed sized, <math><1/4\text{''}</math>, with six legs, oval, and flattened from top to bottom.
- ◆ They do not jump or fly, but are good runners and hitch hikers.
- ◆ They tend to congregate together.
- ◆ The eggs are tiny, white, and glued to surfaces and nymphs are light colored, and - ◆ Bed bugs can live several months without a blood meal.



## Signs of Bed Bugs

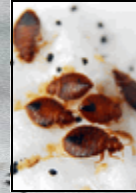
- ◆ Infestations will leave shed skins, and black and rusty spots on bed linens which are droppings and blood stains from crushed bugs.
- ◆ You may have red, itchy welts or rashes from bites; however, bite marks alone are **not** a reliable indication of a bed bug infestation, as bites could be from any number of other sources.



## Be Sure Your Pests are Bed Bugs!!

- ◆ Capture and contain several examples of the pest and have them identified by a qualified expert before taking any further actions.
- ◆ Skipping this step could be an expensive mistake. Many people have been treated for bed bugs without actually having them.

## Recognizing and Finding Bed Bugs



## Bed Bug Hiding Places

- ◆ Most common places:
  - ◆ Blankets, bed sheets and pillows.
  - ◆ Mattresses: along seams and piping, under handles and labels.
  - ◆ In bed frames and head boards.
  - ◆ Box springs: under the thin dust cloth, on bottom hidden in nail holes, cracks, by staples, springs and nails.
  - ◆ Seams and folds of chairs and sofas.
- ◆ Less common places:
  - ◆ Under and along edges of wall-to-wall carpeting and padding.
  - ◆ Cracks, crevices or nail holes in walls, and under wood moldings.
  - ◆ Under loose wallpaper and seams.
  - ◆ In and behind picture frames and mirrors.
  - ◆ In clothing and clutter stored under beds, in closets and elsewhere.
  - ◆ Inside switch plates, electrical outlets, and clutter around sleeping areas.

**Be alert, Be aware,  
Bed bugs could be anywhere!**

For more information on bed bugs and IPM go to:

[www.epa.gov/bedbugs](http://www.epa.gov/bedbugs)  
[njaes.rutgers.edu/bedbug/](http://njaes.rutgers.edu/bedbug/)

# GOT BED BUGS?

Bed bugs are tiny parasites that seek out sleeping people or animals for a blood meal. They are attracted to the  $\text{CO}_2$  that you exhale, your body heat and your smell. After feeding, they hide. It is extremely challenging, but not impossible, to prevent, detect and control bed bugs.

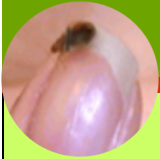


## Simple, Common Sense Bed Bug Information for Residents and Building Managers

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# Protect Yourself From Bed Bugs !

The most important step is to learn about bed bugs and prevent them from being introduced. Once bed bugs are found, using **Integrated Pest Management (IPM)** approach that combines non-chemical and chemical intervention methods provides the best results. IPM relies on knowledge of the pest biology and a combination of multiple methods to eliminate an infestation with minimum cost and impact to the environment and human health.

## 1. Prevention

- ◆ Be aware of where you sit and place your belongings.
- ◆ Provide a special place for visitors to place their belongings. Then clean it shortly after they leave.
- ◆ **Do Not** bring second-hand furniture into your home unless you have thoroughly inspected and cleaned the items first.
- ◆ Wash bedding regularly.



## 2. Monitoring

- ◆ Visually inspect bed and sofa.
- ◆ Place interceptors under bed and sofa legs. Interceptors should be checked every 1-2 weeks. Clean the interior surfaces of the interceptors and reapply talc every 2 weeks to keep the interior surfaces smooth.

## 3. Environment Modification

- ◆ Remove clutter around bed and sofa areas.
- ◆ Vacuuming reduces bed bug populations. Immediately seal and dispose of vacuum bags.



- ◆ Install encasements on mattress and box spring.
- ◆ Make the bed an island: Keep bed away from the wall and do not let bedding touch the floor.

- ◆ Install bed bug interceptors under bed and furniture legs.
- ◆ Keep clothing off of the floor.
- ◆ Isolate infested items in sealed plastic bags or containers.



- ◆ Seal cracks where bed bugs can hide.
- ◆ If you live in an apartment or other multi-family dwelling, and you see a bed bug, contact your landlord immediately.



**Proactive monitoring, early detection, and prompt response will avoid larger problems.**

## 4. Non-Chemical Controls

- ◆ Launder bed sheets and clothing regularly.
- ◆ Place items in a household freezer for 4 days.
- ◆ Dispose of heavily infested items.
- ◆ Apply hot steam to infested furniture.
- ◆ Place non-washable items in portable heat chambers
- ◆ Other methods available to professionals: whole house heat treatment, containerized heat treatment.



## 5. Insecticide treatments

- ◆ Over the counter insecticide sprays are only effective when sprayed directly on bed bugs.
- ◆ Insect foggers are not effective for controlling bed bugs.
- ◆ Applying **Diatomaceous Earth (DE)** dust thoroughly is usually more effective than applying insect sprays for controlling bed bugs. Apply a thin layer of DE to cracks and crevices in walls, bed frames, spaces around the bed, sofa seams, behind wall plates and along junction of wall and floor.



## 6. Follow up monitoring and treatments

- ◆ Monitor bed bug numbers following step 2 regularly. Repeat the above treatments if necessary.