

Bed Bugs and You

How to protect yourself and your family

Preble County General Health District

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What are they?

- ⦿ Insects that feed on blood
- ⦿ They DO NOT fly or jump but they can crawl very quickly
- ⦿ Bed bugs are most active at night
- ⦿ They are NOT known to spread any diseases to people

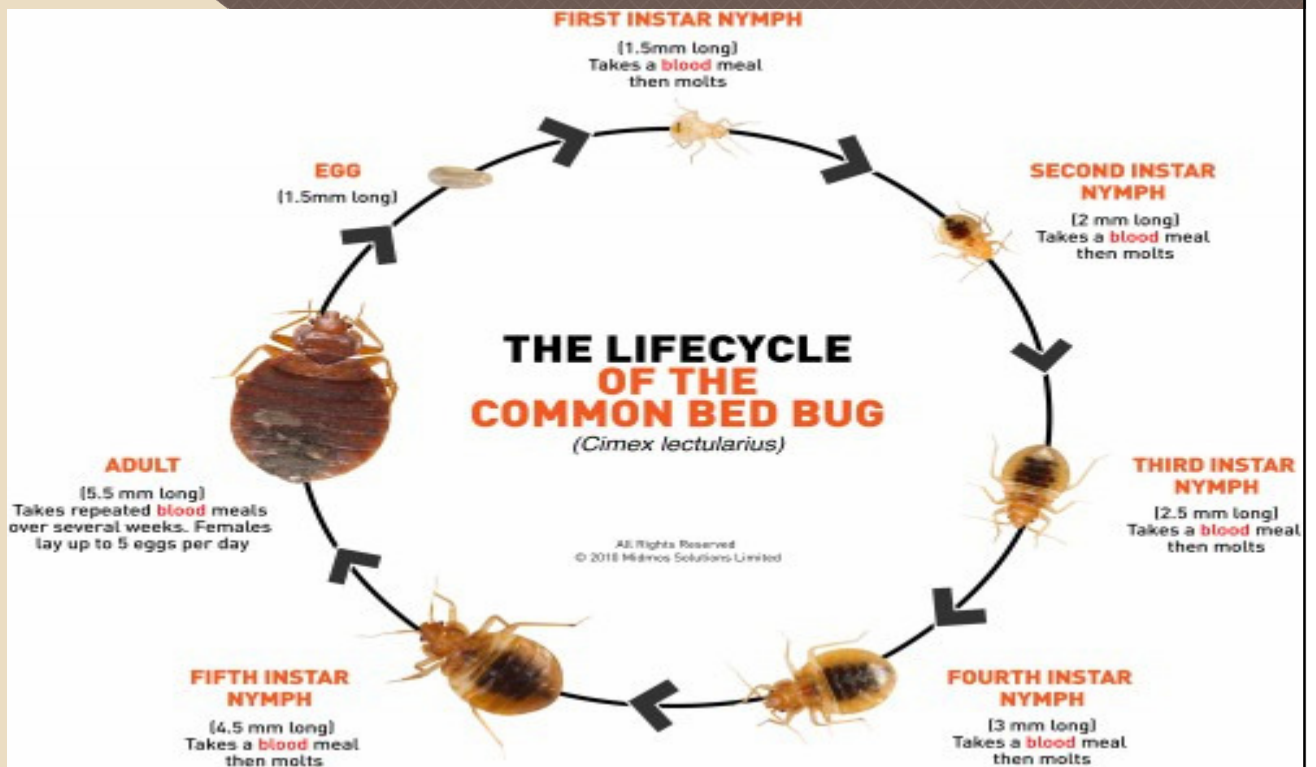


How do you get bed bugs?



- ⦿ ANYONE can get bed bugs. It does not matter where you live or who you are
- ⦿ Bed bugs find new homes by crawling and hiding in:
- ⦿ Purses, backpacks, jackets, shoes, stuffed animals, diaper bags, etc.

Bed Bug Circle of Life



Bed Bug Circle of Life

- What do they look like?
 - > Adult bed bugs are brown or reddish in color
 - > Young bed bugs or nymphs are smaller, lighter in color, and more difficult to see than the adult bed bug
 - > Eggs are oblong, white, less than 1mm in length and are often found in clusters



Where there is one....
There's probably more....



- One female bed bug can lay up to 5 eggs a day and up to 500 eggs within a year
- Bed bugs are very good at hiding, they will follow you so moving to another area of the house **will not** solve the problem
- Going on vacation for a week will not stop them either, adult bed bugs can survive up to a year without blood
- Just a few bedbugs can turn into a real problem VERY quickly so it is important to take action as soon as possible

I found bed bugs what do I do now?

- Capture the bed bug so you can show it to your landlord or an exterminator
- Notify your landlord and keep a copy of the letter so you can provide proof that you notified your landlord
- Call a **licensed** exterminator
- High heat kills bed bugs put clothes in the dryer for at least 30mins to kill any bugs that could be hiding in them
- Remove as much clutter as possible
- Vacuum daily all carpets, curtains, cushions, and cracks



What else can I do?



- Pull your bed away from the wall and make sure no sheets or blankets touch the floor
- Non-washable items can be sealed in Ziploc bags
- Buy bed bug mattress covers for mattresses and box springs
- If you decide to discard furniture be sure to write **BED BUGS** on the items before you throw them out so that no one else uses them

What else can I do?

- Clean your bed and bed frame
- Buy “Climb Up Interceptors” these are cups that go under the legs of your bed to help stop the bugs from crawling up them
- Wash all linens and clothing in HOT water and dry in a dryer then place clean items in sealable bags
- Keep toys and bags off of the floor
- You CANNOT get rid of bed bugs on your own a **licensed** exterminator should be contacted YOUR LANDLORD IS REQUIRED to hire an exterminator within 30 days of being informed about the problem
- It usually takes 3-4 treatments by the exterminator to stop a bed bug infestation



BED BUG BITES



- Most bed bug bites are not serious
- You may notice small reddened areas and experience mild itching like with mosquito bites
- It may take up to 2 weeks for the bite marks to show
- Common areas for bites are the face, neck, hands, and arms. Welts usually heal in a few days
- Ask your doctor about how to treat your bites
- Some people are allergic to bed bug bites



Prevention

Bed bugs go where people go. You can bring bed bugs into your own home after visiting; restaurants, movie theaters, stores, etc.

Keep purses, suitcases, blankets, and bags off the floor everywhere you go

Check hotel rooms for bed bugs upon arrival, by looking at the mattress, under and around the mattress, and behind the headboard. You should look for bugs, eggs, and blood stains

Do not put your clothing in hotel dresser drawers

Inspect your suitcases and clothing before you leave the hotel

If you believe you have come in contact with bed bugs, remove your clothing and shoes, and put them in a bag before entering your home.

Wash the clothes in hot water and dry them in the dryer.

Prevention

- Cracks in walls, doors, floors, and window sills, are a great places for bed bugs to hide. Seal these cracks with caulking
- Tighten loose light switch covers in your home
- Try to keep your home as clutter free as possible
- Remove any wicker furniture you have in your home. This is the perfect place for bed bugs to hide
- Use white sheets and paint wooden furniture white whenever possible. It will make it easier to spot any bed bugs
- Do not store items underneath beds



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