

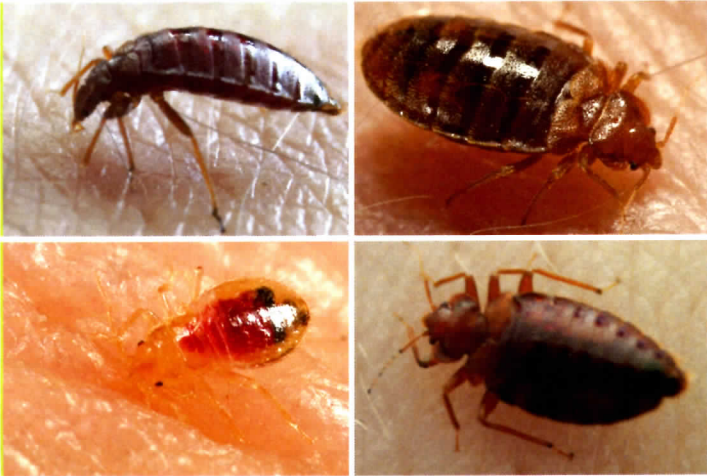
BED BUGS

TIPS FOR prevention, detection & eradication



What are bed bugs?

- They are small, brownish insects approximately 3/16-inch long and 1/8-inch wide in size, and are visible to the naked eye.
- They are more active at night, and they feed on human blood.
- Bed bug infestations may cause irritating, itchy reactions and anxiety.



They can be found almost anywhere in your house or other buildings.



They are found in fabric and wood but not in metal or plastic.

- In mattresses and box springs (*especially in the seams or creases*)
- In bed frames and headboards
- Along and under the edge of carpet (*behind beds and furniture*)
- In hardwood floors (*check corners and cracks*)
- In molding and baseboard cracks
- Behind picture frames and wall hangings
- In switch plates and outlets
- Under loose wallpaper and paneling
- In clothing stored in closets and drawers
- Inside clocks, phones, TVs and smoke detectors
- In cloth chairs and sofas (*check seams, skirts, and under cushions*)



Signs of bed bug infestations



- Small, whitish shed skins and rusty spots on bed linens which are droppings and blood stains from crushed bugs.
- Live bed bugs of any size.
- Eggs and casings among droppings or in crevices where adults hide.
- An offensive, sweet, musty odor from the bed bugs when infestations are severe.
- You may have red, itchy welts or rashes from bites; however, bite marks are not a reliable indication of a bed bug infestation.



- If you live in an apartment building and think there are bed bugs, you need to call your landlord about the problem.
- All apartments in a building with bed bugs need to be checked and treated. Either you or your landlord will need to call a licensed Pest Control company to schedule an appointment for an inspection and treatment.
- Pick up everything in the infested room, and put anything that you need to keep in a zippered plastic bag. Put it in a hot, sunny place (120°F minimum) or in below freezing (below 32°F) for a couple of weeks.
- Bedding and clothing will need to be bagged and washed in hot water (120°F minimum) or thrown away.
- When trying to clean carpets from bed bugs, vacuuming will not be enough. You must steam clean this area at a temperature of least 120°F. The carpet may need to be replaced.
- If mattresses and box springs are badly infested, spray paint a warning sign on both or slash both of them, and seal with plastic. Contact your local trash removal service for pick-up of those items.
- For less severe cases, zippered covers (available at bedding and allergy supply stores) may be used to keep bed bugs off the mattress and box springs.

Preventing and Minimizing Risk

- Look for bed bugs on clothing and belongings.
- If you suspect bed bugs on your clothes, remove clothes in your garage or a separate, more isolated room of your home.
- Place clothing in plastic bags and empty into the washing machine and wash on hot.
- Clothing then should be dried on the hot setting.
- If you know of someone who has bed bugs, determine if their home is being treated.
- When in a home that you suspect is infested, do not sit on cloth covered furniture or bedding.
- Leave your handbags and other belongings in the car. If in the office, do not place them on the floor.
- Consider creating and using a "bed bug kit."
- Vacuum your home regularly.
- Avoid using second hand mattresses and used furniture.



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