

BED BUG FACT SHEET

Do you see small, pin-prick sized, dark brown/black specks (drops of blood) on your sheets or mattress?

Are you getting bug bites while you sleep?

Have you seen **THIS** bug on or near your mattress or other sleeping area?



Enlarged view of bed bug

If you answered YES to any of the questions above, you may have bed bugs in your home! Take the following steps:

1. If you live in a rental property, call your landlord so that they can notify the proper pest control company. The pest company will inspect your home and, if needed, begin treatment of your home. If you own your home, call a pest control company in your area.
2. Put all clothing and bedding in a sealed plastic bag. Wash in hot water and dry in a dryer on high heat (at least 140°) for at least 20 minutes. Put cleaned items in new, sealed plastic bag. Keep away from the infested area until chemical treatment is complete.
3. Cover your mattress and box spring with a bed bug proof mattress cover. If you can only afford one, encase the box spring.
4. Vacuum your mattress, headboard, box spring, bed frame and floors daily and empty the vacuum cleaner after each use. Put the vacuum cleaner bag in a sealed plastic bag and put it outside in the trash.
5. Place bed bug traps under the feet of your beds and other infested furniture such as sofas and upholstered chairs.
6. If you throw out furniture, take it to a waste management facility or call for immediate pickup. Write **BED BUG INFESTED** or **TRASH** on the item in **HUGE** letters with spray paint or a marker. You don't want to infest someone else's apartment with bed bugs.
7. Clean up all clutter. Keep stuff off the floor. Don't store things under the bed.
8. Bed bug sprays from local hardware stores are ineffective. A pest control operator is the only person that can effectively treat for bed bugs. To find a pest control operator in go to www.pestworld.org and type in your zip code for a list of companies in your area.

Tips for Prevent Future Infestations of Your Home:

- **NEVER** pick up discarded furniture from the street, alley or near a dumpster.
- When purchasing a second-hand mattress, sofa or bed, ask the seller if the item has ever been stored or used in an apartment with bed bugs.
- If yes, **DO NOT BUY IT** before inspecting the item yourself for any sign of bed bugs or eggs.
- When staying in a hotel, strip the bed and check for any signs of bed bugs or blood stains left by bugs.



More Prevention Tips on Back >

9. Seal cracks and crevices between baseboards, on wooden bed frames, floors and walls with a high-quality, silicone-based sealant.
10. Repair or remove peeling wallpaper, tighten loose light switch covers and seal openings where pipes, wires or other utilities come into the home (pay special attention to walls that are shared between apartments).
11. Monitor daily by setting out glue boards or sticky tape (carpet tape works well) to catch the bed bugs.

Frequently Asked Questions

What does a bed bug bite feel and look like?

Typically, a bed bug bite is painless and rarely wakes a sleeping person since bed bugs are nocturnal and only feed at night. However, they can produce large, itchy welts on the skin that **DO NOT** have a red spot in the center.

Why are they so hard to kill?

Bed bugs are extremely small and can easily hide and burrow in tiny, narrow spaces such as cracks in the wall, electrical outlets and joints in furniture. Since they are only active at night, they are difficult to detect during the hours people are generally awake and alert. In addition, bed bugs may remain dormant if there is no food source available, or if the temperature drops.

Do bed bugs transmit disease?

There are currently **NO** known cases of disease associated with bed bug bites. However, some individuals may have moderate to severe allergic reactions to proteins found in bed bug saliva, thereby increasing inflammation and itchiness of the bites. Excessive scratching of bite marks may also cause secondary infections.

Where do they come from?

Bed bugs are found all over the world and can be spread

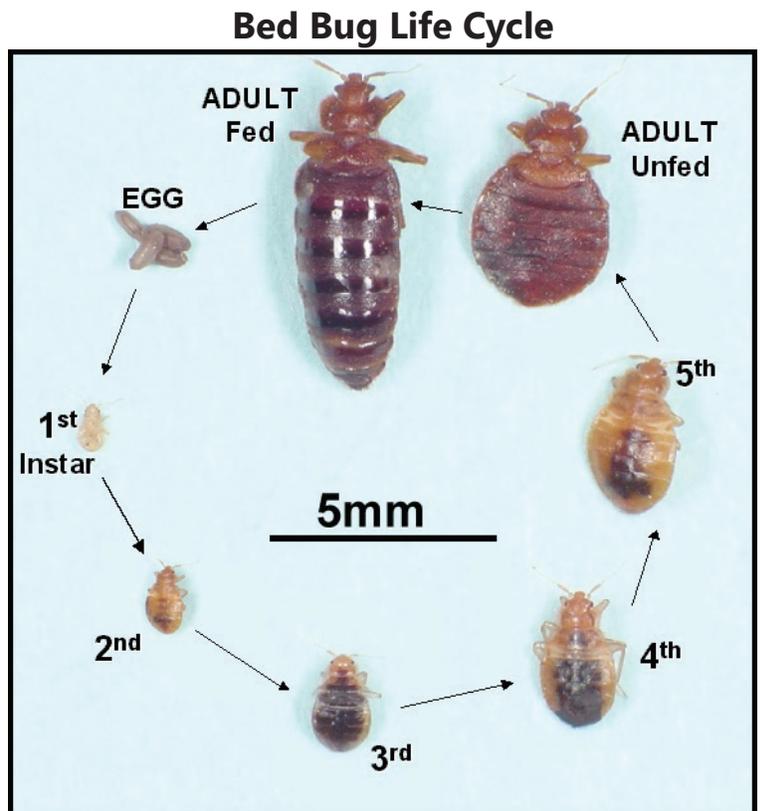
unknowingly by travelers. They are generally brought into the home in personal belongings such as bedding, luggage, and used furniture. Once in the home, they can move through holes in the walls to adjoining rooms or other apartments.

Why does the health department not consider bed bug infestations a “public health” problem?

There is no evidence that bed bugs transmit diseases to humans so neither the communicable disease program nor the environmental health division investigates bed bug outbreaks.

What is the life cycle of a bed bug?

Female bed bugs will lay eggs in small batches consisting of 2 to 5 eggs and can lay between 1 to 5 eggs per day. Eggs hatch in 6 to 10 days with the typical life span of a bed bug lasting about 10 months. They can survive cold temperatures and periods of starvation for many months at a time.



Resources:

Jefferson County Public Health website - jeffco.us/public-health
 Colorado Department of Health & Environment information - <http://1.usa.gov/ShGMPq>
 Landlord Tenant Issue Line - Jefferson County, Colorado residents only - 303-237-0230
 University of Kentucky Bed Bug Information - www.ca.uky.edu/entomology/entfacts/ef636.asp
 National Bed Bug Registry - <http://bedbugregistry.com>