



# BED BUGS



## What do bed bugs eat?

Bed bugs prefer to feed on human blood, but will also bite other animals and birds. Bed bugs bite at night, and will bite anywhere on the body. They tend to bite around the face, neck, upper body, arms, and hands.

Most people don't feel a bed bug bite because the bugs inject a type of anesthetic that relaxes blood flow. This helps them to suck blood more easily.

## How do bed bugs get into my home?

Bed bugs are hitchhikers and are often carried on clothes and in bags. They are spread by objects taken into the home, like furniture and bedding. Make sure you carefully inspect any items that you are bringing into your home for evidence of bugs.

Once bed bugs are in an apartment they can quickly spread through the entire building by crawling through electrical wiring, pipes, and other openings.

## What can I do to stop bed bugs from entering my home?

Even the cleanest homes and hotels can have bed bugs, but regular house cleaning, including vacuuming your mattress, can help to stop bed bugs.

*You can also:*

- Clean up clutter to reduce the number of places bed bugs can hide.
- Inspect used furniture or clothes and ask the retailer if the items were checked for bed bugs.
- Use caution when bringing home used furniture or clothes from the curb side. These items may be infested with bed bugs.

*When travelling:*

- Inspect your room and furniture. Be sure to look at all cracks and crevices of the mattress and box spring, and look for blood spots or live insects. Ask to move to a different room if you find evidence of bed bugs.
- Protect your luggage. Keep items in your luggage and wrap your luggage in plastic. Keep your luggage off the floor by storing it on a shelf.
- Protect the bed. Move the bed away from the wall and keep blankets and sheets from touching the floor.

When you get home, make sure to keep your luggage in an isolated area of your home, such as the garage. Inspect the luggage for signs of bed bugs. Wash all your clothes in the hottest water possible and put them in a hot dryer for 20 minutes.

## What are bed bugs?

Bed bugs are wingless, red-brown, blood-sucking insects. The adults are oval-shaped and live four months to one year. Before they feed, they are 6 - 7 mm (1/4 inch) long and flat as paper. After feeding, they turn dark red and bloated. Their eggs are whitish, pear-shaped, and about the size of a pinhead. Clusters of eggs can be found in cracks and crevices. Bed bugs hide in cracks and crevices in beds, wooden furniture, floors, and walls during the daytime and emerge at night to feed on their preferred host, humans.

Bugs that bite people are often associated with the spread of disease, like fleas and lice. But bed bugs have never been linked to the spread of disease.

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