

CONTROL A BED BUG INFESTATION

- De-clutter your home. If you are not using things or clothing, remove them to prevent hiding places for bed bugs.
- Place a bed bug-proof encasement around your mattress and box spring. Leave it on for a year. Bed bugs can live without a blood meal for up to a year.
- Move your bed away from the wall.
- Wash clothing in hot, soapy water and dry at the high setting. Seal clothing in containers until the infestation is eliminated.
- If your furniture or bed is infested beyond control, get rid of it. Wrap the item in plastic so the bugs do not fall off when transporting it. Once outside, slash the item so it can not be re-used.
- Do not use bug bombs or other sprays. They are not effective at killing bed bugs and you could poison your family and pets. Never use a pesticide indoors that is intended for outdoor use.
- If you live in an apartment building with 2 or more units, contact your landlord to have a pest management operator inspect and treat your unit.
- If you rent or own a single-family dwelling, contact a pest management operator to inspect and treat your dwelling. Make sure they have done bed bug control before and ask for references.



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SLEEP TIGHT, DON'T LET THE BED BUGS BITE!



Bed Bug Prevention & Control

WHAT ARE BED BUGS?

- Bed bugs, *Cimex lectularius*, are reddish-brown, oval-shaped, flattened insects that are about 1/4 inch long.
- Nymphs (immature bed bugs) resemble the adult bugs but are often smaller and lighter in color.
- Bed bugs usually feed on the blood of humans during the night-time hours and crawl away to hide in nearby cracks, crevices and recesses of furniture (especially mattresses) and walls of the home during the day.
- Most people experience itching, pain and/or swelling of the skin where a bed bug bite occurs (such as the arms, face or back) within 1 day of a bite.
- Although the bites can cause considerable discomfort and loss of sleep, **bed bugs do not transmit disease.**
- Bed bugs are introduced to your home by bringing in infested used furniture and mattresses, clothing or luggage.
- Bed bugs can be found in clean homes as well as dirty ones. They affect rich, middle-class or poor people. **They do not discriminate.**



PREVENT A BED BUG INFESTATION

- Avoid bringing used furniture and mattresses into your home, especially if found at the curb or in an alley.
- Check all used or rented furniture and mattresses.
- Upon arriving at a hotel/motel, inspect the room, mattresses, box springs, head board, and night stand; Use a flashlight.
- Place your luggage on the provided rack; Do not place on floor or bed; Do not put clothing in drawers.
- Place dirty clothes in sealable bags and once home immediately wash clothing in hot, soapy water and dry at high heat.
- Seal cracks and crevices around your home.
- Place a bed bug-proof encasement around your mattress and box spring.

CONTROL A BED BUG INFESTATION

- Bed bug control is not a quick and easy thing to do. It will take time.
- Find where the bed bugs are hiding. Check the following:
 - Along the mattress and box spring seams
 - Between the mattress and box springs
 - Behind wall-mounted objects and headboards
 - Inside cracks and crevices of upholstered and wooden furniture
 - Cracks in wood molding or behind baseboards
- Purchase bed bug monitors or put double-stick tape around the bed frame legs to catch the bugs climbing up.
- Vacuum up any live or dead bed bugs. Seal up the waste and put in outside trash receptacle immediately.
- Use a hair dryer at the high heat setting and run it over baseboards to drive out the bed bugs. Use the vacuum to suck them up.
- Steam-clean furniture and any areas where the bugs might be. Bed bugs will die, along with the eggs, when subjected to high heat (>120° F).

