

BED BUGS 101: INFORMATION EVERYONE SHOULD KNOW ABOUT BED BUGS!!!



Immature Bed Bugs
(start out 1 mm in length and get larger with each developmental stage)



Adult Bed Bug - 1/4"



Bed Bug Eggs

Here are the facts about Bed Bugs:

1. Bed bugs are flat, brown, wingless and about $\frac{1}{4}$ of an inch
2. They have 6 legs, shiny reddish-brown but after a good serving of your blood, they appear dark brown and swollen as in the picture above
3. They can be seen with the human eye, but do a great job at hiding
4. They feed on human blood, preferring to do it in the dark when you're sleeping. It is said that they don't transmit disease from feeding on blood; however, an engorged bedbug can burst at the slightest bit of pressure exposing you to human blood. If that blood is infected, then you run a risk of infection as well.
5. Simply using chemical treatments will not remove the infestation. Heat treatment is the most effective method for treating the infestation.
6. These bugs love to hide in the following places:
 - a. Seams of mattresses
 - b. Sofa seams
 - c. Cracks in the bed frame and/or head board
 - d. Under chairs, coaches, beds and dust covers
 - e. Under rugs, edges of carpets, drawers, baseboards and window casings
 - f. Behind light switches, electrical outlet plates, cracks in plaster
 - g. Televisions, radio clocks and phones
 - h. Backpacks, sleeping bags, clothes
 - i. Behind wallpaper, picture frames and other dark areas

Are bed bug attacks a sign of dirty living conditions or living in older homes/building, or is anybody at

risk? Infestations of common bed bugs are not directly related to sanitation levels. The cleanest living area can have a very large infestation, and improving sanitation alone will not eliminate an established bed bug population. Cluttered conditions can offer the bugs a lot of excellent harborages very near their human blood-meal hosts. Almost anyone is at risk of having an infestation if bed bugs are brought into their home.

If you think you have bed bugs, here are some dos and don'ts:

1. **Don't begin sleeping on the sofa, in another room or go stay with a friend.** Bedbugs are "hitchhikers", they may hitch a ride to your relative's home, and you can cause them to become infested.
2. **Don't start throwing away your bed and other furniture out.** Most furniture, including mattresses and sofas, can be treated by a professional pest control company.
3. **Don't start buying a load of chemicals and treating yourself.** Bed bugs are probably the most complicated pests you've ever encountered at home. If you start spraying pesticides, you may disperse the bugs, and the professionals may have trouble treating them. You may spread them around your home.

4. **Do not; absolutely do not release a fogger or a bomb.** Bug bombs / foggers do not work for bed bugs, and in fact, will spread them. Your problem will be magnified.
5. **Don't start bagging everything you own.** With the exception of washed and dried clothing
6. **Do start dealing with your clothing and linens.** Though you should not simply seal your possessions in bags (as above), it is probably a good idea to start working on clothing and bedding. You should take clothing and other items, wash them in a machine on hot, dry them on hot for 1-2 hours. Remember, driers vary as to their strength and how long they take with what size of load.
7. **Don't assume bed bugs are only in your bed.**
8. **Don't assume you are the only one being bitten.** Remember that some people do not react to bed bug bites at all. Bed bug bites are an allergic reaction, and reactions vary from nothing to serious allergic reactions.

Detection Tools and Methods:

1. Visual inspections: This inspections are time consuming, labor intensive and perhaps the least reliable
2. Canine Scent Detection: this has become an increasingly popular inspection method for the detection of low level infestations.
3. Passive Interception Devices: The ClimbUp Insect Interceptor is a very simple, inexpensive pitfall trap that is placed under the legs of bed frames and upholstered furniture.

I have bed bugs, now what?

1. Contact a professional. The complete elimination of bed bugs requires highly trained and licenses individual knowledge in bed bug biology, behavior, and the proper use of pesticides. There is little chance that you will be able to eliminate the problem on your own.
2. Eliminate clutter.
3. Vacuum your mattress, box springs and furniture is a very effective way to reduce large numbers of bed bugs quickly. To reduce the likelihood of the vacuum becoming infested you should choose a vacuum that empties into a vacuum bag instead of a filter. Vacuuming up a little bit of baby powder/talcum powder before you start vacuuming and just after you finish may also help the survival rate of some the bugs that were vacuumed up. Discard the bag outside of the home.
4. Install mattress and box spring encasements.

Can bed bugs ever be eliminated once they infest an environment? Yes, it is possible to eliminate a bed bug infestation in most situations particularly if the bed bugs are detected shortly after they have been introduced into the environment and client cooperation is not an issue. The longer bed bugs exist without being detected, the greater their opportunity to disperse within the environment, making it harder to find and eliminate 100% of the population.

What Products or treatments Work Best? Rather than debating which product is most effective, greater attention should be placed on the ability of the pest management professional that is implementing the control program. The most effective treatment method for destroying bedbugs is steam/heat. Twenty minutes of exposure to temperatures in excess of 120°F is lethal to all stages of bedbugs, including the eggs. Direct exposure of stem/heat can kill all stages of bedbugs in seconds. Such treatments should be completed by pest management professionals to ensure they are done properly.