



KNOW THE FACTS

Guidance for Handling Bed bugs at Home

Bed bugs are flat, oval-shaped insects, which feed on animal and human blood. Bed bugs are not known to spread diseases to people, but they can cause loss of sleep, irritation, and itching.

Who can get Bed Bugs?

- Anyone who comes into contact with bed bugs can potentially bring them home
- Bed bugs are not drawn to unsanitary living conditions or personal hygiene.

How do they spread?

Bed bugs can be transported on items including clothing, personal items, luggage or overnight bags, bedding, or furniture

Bed bugs can also be picked up on these items from public locations, hotels, motels, or other homes. It is best to find infestations early, as they can be hard to get rid of.

Bed Bug can be found in:

- Seams of mattresses, chairs, couches & cushions
- Bed frames, headboards, & box springs
- Clothing dressers & other furniture
- Cracks & crevices in your home
- Behind wallpaper
- In outlets & appliances

Signs of an infestation

- Rust-colored stains on bed sheets, mattresses, or other furniture
- Dark spots or bed bug excrement, which bleed like a marker
- Pale yellow skins from young bed bugs shedding
- Pearl-white eggs, which are about the size of a pinhead
- Live bed bugs
- Sweet musty odor



Bed Bug Bites

Most people do not notice they have been bitten by a bed bug until several days later. Some people do not experience any symptoms of bed bug bites, but others may experience:

- A slightly swollen, red area which may be irritated or itchy
- Bite marks may be random or appear in a straight line.
- Insomnia, anxiety, secondary skin infections, or allergic reactions.

Talk to your health care provider if you have any concerns about bed bug bites.

Getting Rid of Bed Bugs

Eliminating bed bugs takes time and patience. According to the EPA, the best way to get rid of bed bugs is to use both chemical and non-chemical methods.

To learn more about controlling bed bugs, visit: <https://tinyurl.com/EPABedBugControl>

Contact a licensed pest control company for concerns about bed bug infestations in your home.

This sheet was adapted from information obtained from the EPA & CDC