

Bed Bugs

What you need to know!

Facts about bed bugs:

- Bed bugs can affect anyone and everyone. They are hitchhikers and often get spread through travel, public and private institutions where people spend time or store belongings, or multi-family housing.
- Bed bugs are visible to the human eye. Adult bed bugs are approximately the size of an apple seed although newly hatched bed bugs can be the size of a poppy seed. You may also spot bed bugs from their markings, droppings, or eggs.
- Bed bugs don't jump or fly and are generally nocturnal. They commonly cluster in many places including: mattress seams, sheets, pillow cases, box springs, upholstered furniture, baseboards of walls.
- Bed bugs feed on human blood and are not known to spread disease with their bites. However, bed bugs are still a health concern as bites can be itchy and irritating and can affect mental health in the form of anxiety, paranoia, or loss of sleep.
- Bed bug bites often concentrate in rows or in a single area.
- Bed bugs can be killed by freezing items below 0° F (-19° C) for five days or heating items above 120°-140° F for several hours.
- Pesticides have not been found to be an effective way to treat bed bugs. We do not recommend purchasing insect foggers or bug bombs as bed bugs are resistant to these. Bed bugs are best handled by a professional. If an indoor pesticide is used; ALWAYS follow the pesticide label carefully.



If you DO have bed bugs in your home:

- ***Try not to panic, but take action as soon as possible.*** There are ways to control and kill bed bugs; however, in most situations the elimination of bed bugs almost always requires professional help. However, even a professional company will need your help in eliminating bed bugs. Here's what you can do:
- ***Notify your landlord or housing manager.*** If you suspect bed bugs in a place you are renting notify the housing manager as soon as possible.
- ***Inspect surfaces and remove visible bed bugs.*** Look in the seams of mattresses, box springs, cracks and crevices of walls, floors and furniture for bugs, blood stains, droppings, and eggs. Generally, start to inspect the area around your bed and 10-20 feet around where you sleep.
- ***Removal by vacuum.*** This is a removal technique for bed bugs but does carry risk of infesting the vacuum. When you are done vacuuming empty the bag into a trash bag, tie it and discard outside in a trash container or dumpster. If you have a bagless vacuum, empty the contents into a trash bag and tie it shut. Then wash the canister to remove remaining eggs or bed bugs.
- ***Wash bed linens.*** Even if you don't see bed bugs on them wash sheets, pillow cases, blankets and bed skirts and put them in a hot dryer for at least 30 minutes.
- ***Cover mattresses and box springs.*** Using specialized encasements designed for bed bugs on your mattresses and box springs will create a barrier from bed bugs and bed bug movement.
- ***Eliminate clutter.*** Do your best to eliminate clutter as it provides more area for bed bugs to hide and/or lay eggs.
- ***Do not store things under the bed.*** Move items stored under the bed and move the bed away from walls and furniture if possible.
- ***Don't change where you sleep or leave your home.*** Bed bugs are attracted to human scent. This can cause the infestation to spread to a different part of the home or someone else's home, further complicating the issue.
- ***It's not necessarily the best option to throw away your infested items.*** As an immediate reaction one may throw out their mattress or other infested furniture/item. If items are carried throughout the house or building this can complicate the problem and spread the infestation as bed bugs may fall off the infested item(s). However, if an item is in poor condition and heavily infested, discarding the item may be the appropriate action. If you do discard the item, secure in plastic wrapping and label with a sign "infested with bed bugs".



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