

Bed Bugs

Bed bugs are small parasitic insects that feed on the blood of mammals and birds. Bed bugs live in mattresses, linens, and headboards, as well as in the walls, flooring, and other furniture in areas where people sleep in homes, hotels, and other dwellings. Because bed bugs usually feed at night when people are sleeping, most people do not realize they were bitten. The only evidence that a person was bitten may be itchy welts that appear a few days later. Bed bugs do not transmit disease, but are a nuisance and infestations should be controlled by a licensed pest control operator. **If you need more information or think you have an infestation, contact your doctor or local health department.**

Bed Bug Facts:

1. Signs of bed bugs include:
 - Small itchy bug bites on exposed skin
 - Presence of bed bugs
 - Empty bed bug skins
 - Blood spots or stains on bedding, mattresses, furniture or walls
2. When trying to eliminate or prevent bed bugs in your home:
 - DO NOT use pesticides meant for garden or agricultural use.
 - DO NOT use products that appear to be "homemade" or "custom formulated" or products purchased from someone without a license.
 - If you think you have come into contact with bed bugs, immediately wash and dry your clothing on the hottest setting the fabric can withstand, or store them in a sealed plastic bag until you are able to.
3. The California Department of Public Health, Vector-borne Disease Section, recommends hiring a licensed pest control operator to get rid of bed bugs in the room or building where they are found.
4. Mattress covers prevent bed bugs from hiding in the mattress, a prime location for the bugs and difficult to treat.
5. Do not place backpacks, purses or bags on beds, couches, or other areas where you rest or sleep.
6. Do not apply pesticides directly to your body. This could make you very sick.
7. Do not move things from room to room. Moving your things from the room with bed bugs to another room in your house may spread the bed bugs.

For More Information about Bed Bugs:

Vector-Borne Disease Section at the California Department of Public Health:
<http://www.cdph.ca.gov/healthinfo/discond/pages/bedbugs.aspx>

• Centers for Disease Control and Prevention:
http://www.cdc.gov/nceh/ehs/publications/Bed_Bugs_CDC-EPA_Statement.htm

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KEY POINTS:

- Hire a professional
- Do Not use pesticides on furniture or people
- Use mattress covers
- Do Not place bags or backpacks on beds or sofas
- Wash clothing in the hottest setting or,
- Store infested clothing in a sealed plastic bag