



# BED BUG PREVENTION



Thoroughly examine second-hand furniture, especially mattresses and box springs for any signs of an infestation before bringing them home.



Regularly vacuum and clean to help prevent an infestation. Pay close attention to furniture and upholstery seams.



Eliminate clutter. The more places bed bugs have to hide, the more likely they are to make themselves at home and become more difficult to spot.



Use a tear-resistant protective cover that encases mattresses and box springs to eliminate hiding spots.



Wash clothing and inspect luggage immediately after returning from travel.



Check electrical sockets, surge protectors, and behind picture frames.

Bed bugs, a problem worldwide, are resurging, causing property loss, expense, and inconvenience. The good news is that bed bugs do not transmit disease. The best way to prevent bed bugs is regular inspection for signs of an infestation.

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# HOW TO GET RID OF BED BUGS

## WHAT TO DO:

- Vacuum all seams and crevices on your mattress, bed frame, baseboards, and any other objects closest to the bed or furniture in the home. It is essential to vacuum daily and immediately.
- Wash all your linens in hot water and place them in a hot dryer for at least 20 minutes.
- Cover your mattress, box spring, and pillows with a certified bed bug cover encasement.
- Remove all unnecessary clutter.
- Seal cracks and crevices between baseboards, on wood bed frames, floors, and walls with caulking. Repair or remove peeling wallpaper, tighten loose light switch covers, and seal any openings where pipes, wires, or other utilities come into your home. Pay special attention to apartments or rooms that share a wall - bed bugs can move through extremely small gaps to infest new areas.
- If you use a pesticide, ensure that the directions provided on the label are followed.

## HEALTH CONCERNS?

Bed bug bites can affect different people in different ways. Bed bugs are pests that have not been shown to transmit disease. However, some people may have an allergic reaction to bed bugs that may require medical attention. Bed bug bites in enough numbers may lead to anemia, anxiety, mental health concerns, insomnia, and depression.

## APPEARANCE

Small, 1/4 inch long, with flat, rusty, red-colored oval bodies (like an apple seed.) Bed bugs don't fly, but can quickly walk across floors, walls, and other surfaces. When bed bugs feed, their bodies swell and become bright red due to the blood they have ingested.

## LIFE CYCLE

A bed bug typically lives for 7-12 months. Its life cycle includes multiple stages, maturing in about 35 days. A single female can lay between one and 12 eggs each day and between 200-500 in a lifetime.

## WHAT TENANTS AND LANDLORDS CAN DO TO CONTROL BED BUGS:

**Tenants:** if you suspect bed bugs, notify your landlord immediately.

**Landlords:** confirm you have bed bugs and hire a licensed pest control company, especially if there appears to be a significant infestation of bed bugs. Choose a company that is licensed and insured, has experience controlling bed bugs, can provide references, and uses integrated pest management techniques.