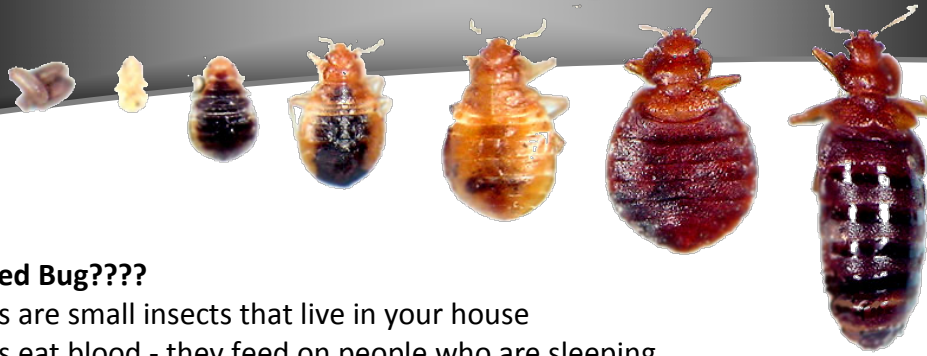


# Bedbugs

March 2013



## What Is A Bed Bug???

- Bed bugs are small insects that live in your house
- Bed bugs eat blood - they feed on people who are sleeping.
  - Bed bugs are tiny, about the size of a sesame seed.
  - Bed bugs can be clear, orange, or dark red.
  - Bed bugs are 'hitch hikers' and can easily ride on your backpack or clothing to new areas.



## Bed Bug Bites

- Most people don't know if they have bed bugs
  - People usually don't wake up when they are bitten.
  - Most people don't react to bites.
  - The bites do not spread diseases.
- For some people the bites may turn red, swell, and itch. **Don't scratch!** Scratching them might give you a skin infection.



## How to Tell if You Have Bed Bugs

- Bed bugs like to hide. They live in cracks, crevices, and small holes, especially in beds and sofas.
- Use a flashlight and magnifying glass. Look under your sofa cushions, under the sheets on the mattress, in your box springs, and in cracks and crevices near sleeping areas.
- Look for:
  - Live bed bugs
  - Small red stains from crushed bugs
  - Small black dots from bedbug droppings
  - Tiny white eggs
  - Bites on your skin (not all people react to the bites)



## What to Do If You Have Bed Bugs

- Clean up: Get rid of clutter where bed bugs can hide.



- Vacuum: Use a vacuum in areas where there are bugs. Seal up the vacuum bag and take it to an outside trash can so the bugs don't come back! Steam cleaners also work well.



- Laundry: Wash all bedding and clothing in hot water and use the dryer on high heat to kill bugs. Make sure to carry items to the laundry area in a sealed plastic bag. Don't use the plastic bag again! Take it to an outside trash can so the bugs don't come back!

- Mattresses: Vacuum and scrub the mattress to get rid of all the bugs. Then seal it in a special bedbug-proof cover (you can find these on-line). Seal up the vacuum bag and take it to an outside trash can so the bugs don't come back!
- Destroy and dispose: Get rid of furniture and bedding if there are too many bugs. Make sure to destroy the items first so no one else decides to use them!
- Keep looking! Bed bugs can survive many months without food. Once you have gotten rid of all the bugs, keep watching to make sure they don't come back.
- Tell your teacher: Your school can help make sure you don't share your bed bugs with everyone else!



**DO NOT use 'bug bombs' or other pesticides – they will not work, and the chemicals can be very dangerous.**