

## Bed Bug Do's.....

The first step is to take immediate action! The longer you wait, the harder to abate.

PLACE  
STAMP  
HERE

- ⇒ **DO** cover both your mattress and box springs with a cover (encasement) made especially for bed bug protection. Bed bugs usually start in the mattress or box spring. A cover will keep them from escaping and biting you, and if you cover a new bed, you'll keep bed bugs out and they will have fewer places to hide and lay eggs. It also makes it easier to inspect the mattress and box spring when they are covered.
- ⇒ **DO** check your clothes and belongings when you leave a suspected infested area. Putting dry clothes and bedding into a clothes dryer for 30 minutes on 'high' will kill hitchhiking bed bugs.
- ⇒ **DO** ask visitors from an infested home to check their clothing for hitchhiking bed bugs and keep their belongings in a sealed plastic bag.
- ⇒ **DO** refer to the US Environmental Protection Agency's website at: <http://www2.epa.gov/bedbugs> for more information....

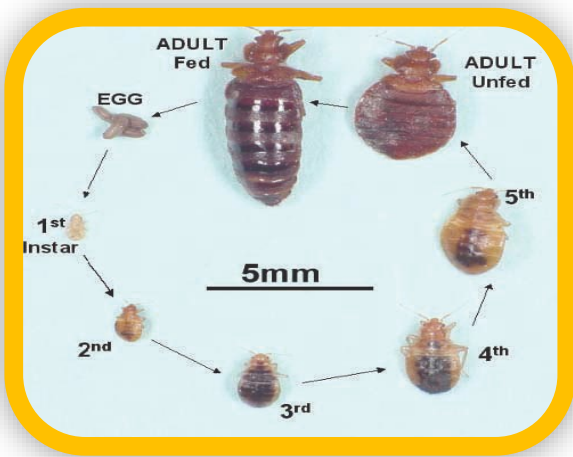
City of West Sacramento

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# Do You Think You Have Bed Bugs?

Contrary to popular belief bed bugs, although ugly, annoying, and a nuisance, do not carry or spread disease. The following is a guide that, coupled with sound common sense, will provide information to help you prevent, identify, and treat potential bed bug infestations.





## Description & Habits

Bed bugs feed on the blood of humans and sometimes other warm-blooded animals, including pets. They are active mainly at night and hide during the day. They cannot fly or jump, but they run quickly.

Adult bed bugs are small, oval, flattened insects, smaller than an apple seed, but somewhat similar in color. After feeding, their bodies become longer and more rounded. Their whitish eggs are so tiny they are hard to see without a magnifying glass. Eggs hatch into tiny nymphs. As they grow, they shed their skin 5 times before reaching maturity.

Bed bugs can survive for 3 to 5 months without feeding. They can hide in almost any crack or crevice usually starting in and around the bed, but as the infestation grows, they spread throughout the room.

Look for bed bugs in places including: along seams in the mattress or box spring; in cracks & crevices in the headboard, bed frame, box springs, night stand, and other furniture; in cracks & crevices in the floor, walls, baseboards, windows, and doors; or behind pictures and other objects hanging on the wall.

They can also hide in purses, backpacks, luggage, clothing, books, and other items, which makes them easy to move around accidentally.

## Signs Of An Infestation

**Bites:** Some people develop itchy welts, but others have no reaction at all. Bites occur on any bare skin exposed while sleeping.

**Dark rusty or reddish spotting or staining:** These spots of digested blood may be found on sheets, mattresses, walls, and other areas.

**Live bugs, eggs, eggshells, and shed skins from growing nymphs:** Remember that bites alone do not mean a bed bug infestation. Confirmation requires finding and identifying the bugs themselves.

## Controlling Bed Bugs

**Notify your landlord immediately.** You will **NOT** be able to get rid of bed bugs alone. The longer you wait, the harder it will be to get rid of them. Many landlords understand that bedbugs are a shared problem and will want to know about it as soon as possible.

**Getting rid of bed bugs requires the combined efforts** of the tenant, landlord and qualified pest control company.



**Carefully follow instructions provided by your landlord and/or the pest control company.**

These instructions may include disposing of clutter, washing clothing and bedding and drying on 'high' for 30 minutes, sealing freshly laundered items in plastic bags, and removing belongings from the tops of dressers, night stands, and tables.

**Be prepared for more than one treatment.** It may take multiple treatments over many weeks.

## Bed Bug Don'ts

**DON'T panic.** Bed bugs are extremely annoying and stressful, but they do not transmit disease.

**DON'T try to treat your home with pesticides yourself.** You may endanger yourself and your family and actually make your problem worse by causing bed bugs to scatter and spread to other rooms or apartments.

**DON'T throw away all your furniture.** This won't solve the problem (bed bugs just move to the new bed), and it is very expensive.

**DON'T sell or give away infested items.** If you put them in the trash, clearly mark that they are contaminated with bed bugs.

**DON'T bring bed bugs into your home.** Second hand furniture, electronics, clothing and other items can harbor bed bugs. Don't bring in furniture and mattresses from the street. It is more than likely these items will be infested. You can wash clothing and stuffed animals and then dry them on 'high' for 30 minutes. Without the help of a professional, you will not be able to eliminate bed bugs from furniture.

### Contact Us:

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