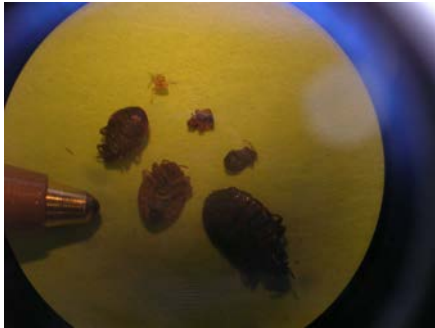


HOW DO I GET BED BUGS?

The number one cause of Bed Bug infestations is bringing an item that contains Bed Bugs into a dwelling. **You** must be vigilant in inspecting the items (or people) that come into **your** home. Bed Bug numbers have rebounded and will most likely continue to increase. With more Bed Bugs in more cities, it is easier to have them find a way into our homes. It takes just ONE fertilized female to start a local infestation.



Different stages of Bed Bugs

It is unlikely for a Bed Bug to come into our homes on a person's body; but they may come in on a person's clothes, coat, shoes, suitcases or backpacks that have been stored in an infested area. It is crucial that you thoroughly search any item before bringing it into your home. **Second hand furniture, rentals, garage/yard sale items, and items retrieved from the**

trash should be highly suspect and inspected.

WHAT ARE BED BUGS?

Bed Bugs are small insects that feed mostly at night on the blood of humans and other warm blooded hosts. Adults are red or brown and 6 mm long (1/4 inch) about the size of an apple seed. New born nymphs are 1 mm long (a little smaller than 1/32 inch) and are translucent.



Bed Bugs, Eggs, and Cast Skins on Pillow

WHAT DO I LOOK FOR?

Bed Bugs are small, but they are not so small or so fast that they can't be seen. If you suspect that you may have Bed Bugs, investigate **LOOK.** A strip of cellophane tape (scotch tape) can be used to catch any suspect. A strip of sticky tape can also be patted on areas of skin that you think has something crawling on it.

Look for smears of blood on your sheets and pillowcases. These

are caused by crushing engorged Bed Bugs as you toss and turn in your sleep. Look for groupings of tiny black spots. These are excrement stains. It is very likely that you will also find bed bugs in these areas too. Bed bugs want to hide in places that



Bed Bug Excrement on Mattress

are **DARK, ISOLATED, PROTECTED,** and **CLOSE TO THEIR HOST (you).** Inspect the folds, tucks and piping of mattresses and box springs. They may congregate anywhere their hosts spend a lot of time: in bed, on the couch. They can also be in lesser numbers in less obvious hiding places such as chest of drawers, picture frames, books, curtains, etc.. Piles of clothes or coats on or near beds or couches can also easily be infested.

WHAT CAN I DO?

Some people are embarrassed or afraid of the unfounded stigma

often associated with a Bed Bug infestation. Some people are living with Bed Bugs and don't know it. These people and their living quarters can be the source for other infestations. Finding and reporting infestations is the first step in control.

Detailed vacuuming (using a crevice tool) of baseboards and any nook or cranny can also help catch and remove problem pest before they can become established. Use a vacuum cleaner that has a fine particle filter or bag. You do not want the exhaust air to expel nymphs and eggs into the air and spread them into other areas. Put used vacuum filters/bags into a trash bag and tie it securely before throwing it away in an outside dumpster.

Washing clothes, bed linens in HOT water will also kill Bed Bugs including the hard to kill egg stage. Pillows and stuffed animals can be put in the Dryer and treated with high heat for 20 minutes.

Remember that it only takes one fertilized female to start (or restart) an infestation. Clutter should be minimized as much as possible.

If you decide to throw away an infested item, mark it in a way

that others will know that it is infested with Bed Bugs.



Wrap and disable furniture for disposal

It is also suggested that the item be disabled for further use. Cut or slash the fabric on couches or mattresses so that others will not be tempted to use the item in their home, causing their areas to become infested. The re-users may be your neighbors. Do you want an infestation next door to you after you have worked so hard to rid your home of this pest?

Reference Materials:

Handbook of Pest Control
ISBN: 1-890561-01-D

Truman's Scientific Guide to
Pest Control Operations
ISBN: 0-929870-00-X

BED BUG PREVENTION AND CONTROL



Bed Bug *Cimex lectularius*

*“I’m looking for a
new home.
How about yours?”*

**Housing Authority of the City
of Pueblo, Colorado**