DON'T LET THE BED BUGS BITE!

How to safely prevent and deal with bed bugs

What Do Bed Bugs Look Like?

Bed bugs are small insects that are a nuisance but do not spread disease.

Bed bugs are hard to identify. Look for their different stages of life:

- **ADULT** (before feeding)
  - reddish-brown color
  - size of an apple seed
  - flat as a piece of paper

- **ADULT** (after feeding)
  - blood-red color
  - bloated look

- **NEWLY HATCHED**
  - nearly colorless
  - smaller size than adult
  - white
  - slightly pear-shaped
  - size of a pinhead

- **EGGS**
  - red color
  - size of an apple seed

Check your furniture for rusty stains, dark spots, and egg cases:

- Under loose paint or under posters
- Behind baseboards
- Under and between cushions of upholstered furniture
- Folds of the mattress and boxspring
- Drawers of nightstands and dressers
- Behind electrical switch plates
- Under chairs and beds
- In other areas

Check luggage for signs of infestation:

- When using shared laundry room, transport items in plastic bags.
- When done, remove from dryer directly into new bag and fold at home.
- Install door sweeps on the bottom of doors.
- Seal cracks around baseboards and light sockets.
- Use caution when bringing in used furniture.

Check bed sheets:

- Use a zip cover encasement on mattresses and box springs.

Reduce clutter and vacuum frequently:

- Wash all items with bed bug stains in hot water and put in dryer at high temperatures for 30 minutes to kill bed bugs.
- Small items such as shoes, telephones, and books can be wrapped in plastic bags and placed in a household freezer for 4 days, at temperature of 0°F.
- If you discard infested items, wrap and clearly mark them by drawing a picture of a bug on them to prevent bed bugs from spreading.

How to Safely Control Bed Bugs

Try these simple tips to get rid of bed bugs safely without using chemical pesticides:

- Find and remove as many bugs as possible. Use clear packing tape or extra sticky lint rollers to remove bugs and eggs from surfaces.
- Vacuum cracks and crevices where bed bugs can hide. Place a knee-high stocking over end of vacuum tube and secure with a rubber band to prevent infestation of vacuum.
- Use pesticides safely.
  - Look for EPA-registered pesticides. Bed bugs must be listed on the label.
  - Avoid sprays, foggers and bug bombs.
  - If you use a licensed exterminator, ask them about options that do not rest on pesticides, such as steaming or freezing.
  - Visit the National Pesticide Information Center (NPIC) for more information on safely removing bed bugs: http://npic.orst.edu/pest/bedbug/control.html.

If the above steps do not work and pesticides are needed...

- The Environmental Protection Agency (EPA) has great information on bed bugs: https://www.epa.gov/bedbugs.
- If you rent in NYC and your building has bed bugs, management must address the issue. If you get no response, you can report the problem by calling 311.

DISCLAIMER: This material was supported by the American Academy of Pediatrics (AAP) and funded (in part) by the cooperative agreement FAIN: U61TS000237-03 from the Agency for Toxic Substances and Disease Registry (ATSDR).

Acknowledgement: The U.S. Environmental Protection Agency (EPA) supports the PEHSU by providing partial funding to ATSDR under Inter-Agency Agreement number DW-75-95877701. Neither EPA nor ATSDR endorse the purchase of any commercial products or services mentioned in PEHSU publications.

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