

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

EGGS



white
slightly pear-shaped
size of a pinhead

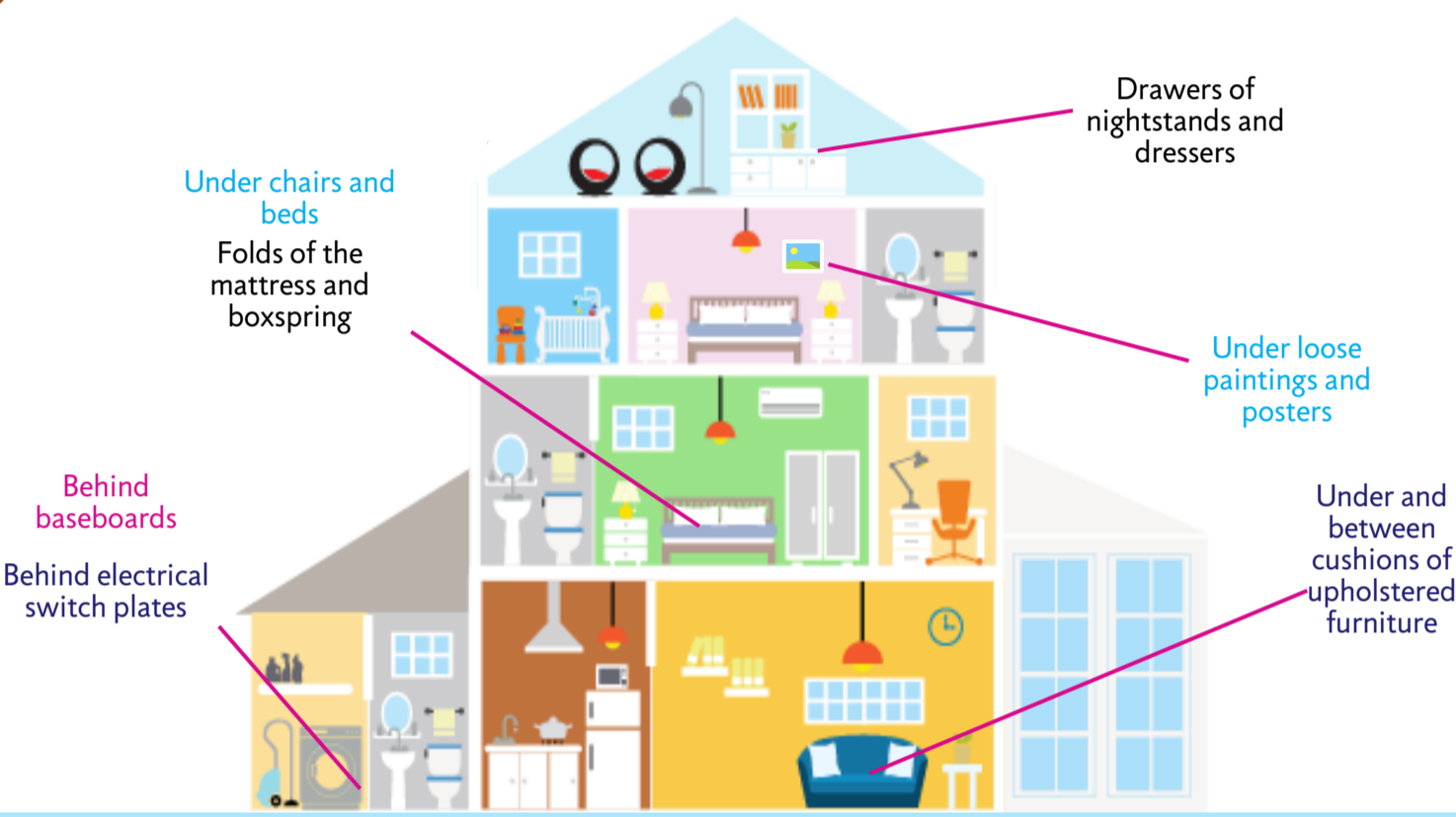
Check your furniture for rusty stains, dark spots, and egg cases:



A bite from a bed bug can cause a red rash in some people:



Here are some places bed bugs love to make home:



Preventing Bed Bugs

You can pick up bed bugs from anywhere- furniture, bedding, luggage, boxes, and clothing! Follow these routine steps to avoid bed bugs:



Check furniture for signs of infestation.



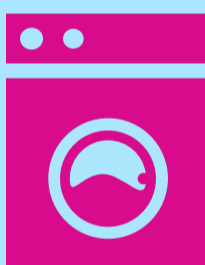
Clean bed sheets.
Use a zip cover encasement on mattresses and box springs.



Reduce clutter and vacuum frequently.

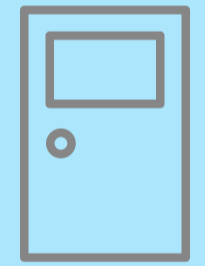


Check luggage for bed bugs before putting on bed.



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.

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.

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.



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

Use pesticides safely.

If you use a licensed exterminator, ask them about options that do not involve pesticides, such as steaming or freezing.

Look for EPA-registered pesticides. Bed bugs must be listed on the label.

Avoid sprays, foggers and bug bombs.

Visit the National Pesticide Information Center (NPIC) for more information on safely removing bed bugs: <http://npic.orst.edu/pest/bedbug/control.html>.

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.