

# BED BUGS!

Bed bugs are blood-feeding insects that can live in your home. When they feed on you they can create small, itchy bumps (like a mosquito bite). This guide will help to clear up misconceptions about bed bugs.



Bed bugs start as eggs the size of a grain of sugar and go through five stages of development before becoming adults.



Poppy seed and bed bug egg. (1 mm)



Sesame seed and bed bug nymph. (2 mm)



Flax seed and bed bug nymph. (4 mm)



Apple seed and bed bug adult. (6 mm)

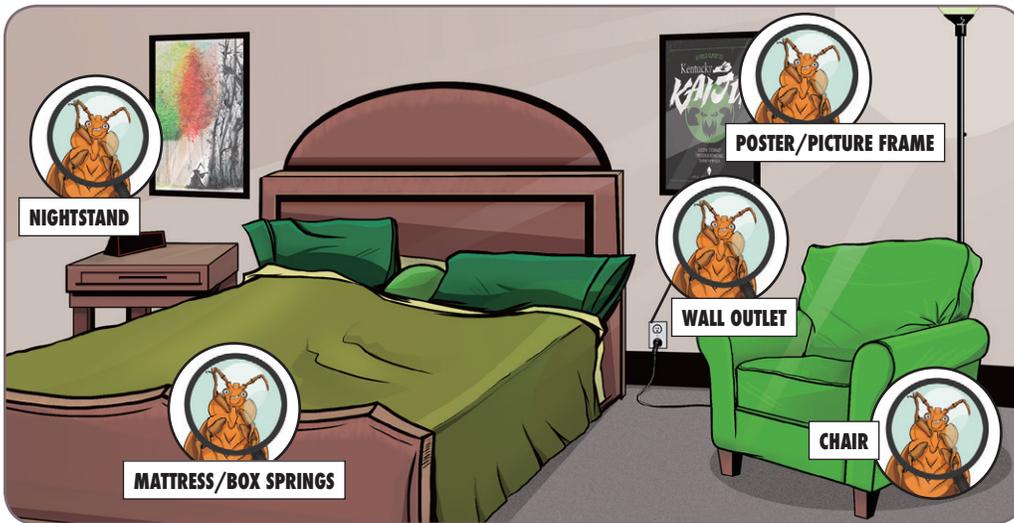
Bed bugs **cannot** transmit diseases to people.



Bed bugs feed at night because we are easy to get to and less likely to notice them, not because they fear light. Leaving lights on **won't** stop them.



Bed bugs **do not** jump or fly, they can run and walk well though!



Bed bugs like to be near you in your bed but can also be found in a variety of other spots in your home.



BED BUG FECES

MAGNIFIED BED BUG EXOSKELETON



EGG CLUSTER

BED BUG BEFORE FEEDING



If you fear you have bed bugs, you should inspect all of the previously mentioned places for signs of bed bugs; including fecal spots, shed skins, eggs clusters, and live insects.

# BED BUG CONTROL ON A BUDGET.

You should begin with an inspection and confirmation of a bed bug infestation. You need to find out where the pests are.

## STEP 1 - BAGGING ITEMS FOR TRANSPORT AND CONTROL

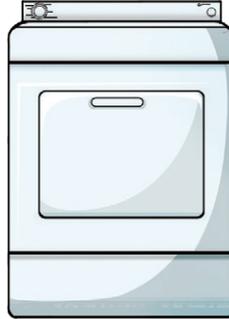
Collect your clothing, bedding, and items like stuffed animals and place them in a plastic bag. **Do NOT throw them away.**



Do you want to hire a professional pest control operator?

**YES**

Consult the back of this guide.



## STEP 2 - USING HEAT AND COLD

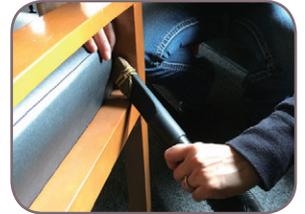
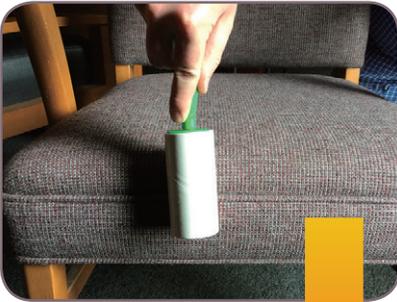
Transport your bags of collected items to your laundry room or laundromat. Remove items from bags and run them through the dryer on **high heat for 30 minutes**. Do not reuse the bags to transport your items as bed bugs may be loose in them.

If you have items that can't be put in a dryer, you can freeze the item for **4 days at 0°F** to kill bed bugs.



## STEP 3 - MANUALLY REMOVING BED BUGS

Use an extra sticky lint roller and vacuum cleaner with a nozzle extension, paired with a pantyhose (assembly shown below) to remove all visible bed bugs.



Once finished, remove the pantyhose, tie it closed, and kill captured bed bugs.

## STEP 4 - TREATMENT WITH INSECTICIDES

There are many insecticides on the market. If you want good control of your bed bug problem get aerosol products containing cyfluthrin & imidacloprid (example: Bayer Bed Bug and Flea) or resmethrin & imidacloprid (example: Bedlam Plus). Avoid products that are mostly made of alcohol. If you are treating wall voids or behind electrical outlets, a dust product containing silica dust will be most effective as opposed to diatomaceous earth.



## STEP 5 - MONITORING FOR RE-INFESTATION

Use mattress encasements and bed bug interceptors to monitor for new bed bugs over the course of 6-8 months after you treat.



If persistent infestation occurs, contact a professional for help.

# BED BUG CONTROL (NO LONGER) ON A BUDGET

Hiring someone for treatment of bed bugs is challenging. Be ready to:

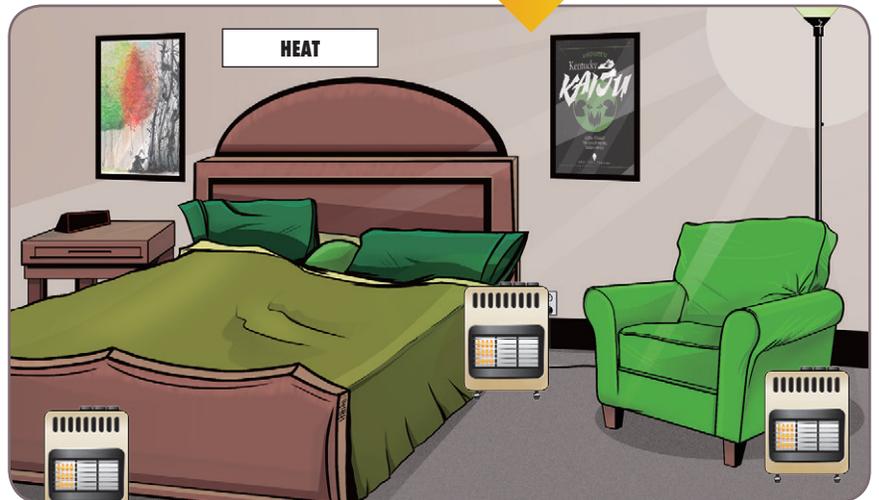
- Check company's credentials
- Help prepare the treatment area
- Leave treatment area for 4-6 hours
- Prepare for multiple visits
- Pay the cost: \$200-1000 per room

OR

## Two main types of treatment:



**Goal:** to treat infested areas with contact and residual insecticide where bed bugs are hiding.



**Goal:** to bring infested areas up to lethal temperatures so bed bugs cannot live.

## CAN BE A COMBINATION OF BOTH.

There are differences between treatments.

- Residual treatment in crack and crevices
- Risk of pesticide exposure
- Insecticide resistance
- Eggs are not susceptible
- Multiple treatments

Regardless of the type of treatment, consider Step 5 (front of this guide) to continue to monitor and remain vigilant. Bed bugs can find a way to hitchhike back into your home.



- No residual or protection against bed bugs
- No chemicals or risk of insecticide poisoning
- No resistance
- Kills all life stages of bed bugs
- One treatment

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