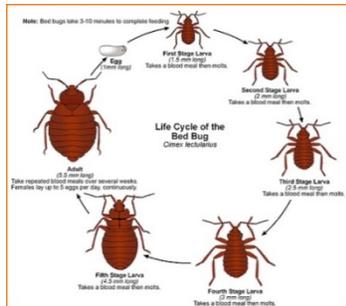


# DEALING WITH BED BUGS:



## What are bed bugs?

Bed bugs are small, flat, parasitic insects that feed solely on the blood of people and animals while they sleep. Bed bugs are reddish-brown in color, wingless, range from 1mm to 7mm (roughly the size of Lincoln's head on a penny), and can live several months without a blood meal.

## How to check for bed bugs:

Bed bugs are difficult to identify because of their small size. Usually the first sign of a bed bug infestation is the appearance of small rusty spots on your mattresses and bed linens. These are bed bug droppings and feces. There may be an offensive sweet odor in rooms with heavy infestation. At first, bed bugs are likely to be found only on the tufts, seams and folds of mattresses; later they spread into crevices in bed frames, couches, chairs, and other furniture. Once they multiply, they may be found in baseboards; window and door casings; pictures and picture moldings; loosened wallpaper; cracks in plaster and partitions

## What can I do to keep from bringing bed bugs home with me?

- Take as little equipment as possible into a building where you will be working.
- If you know a place is infested or suspect an infestation, seal your equipment in a large, sealable plastic bag (e.g., Ziploc) or plastic bin when not in use.
- Leave personal items in sealed bags or containers in your vehicle.
- Do not sit on beds or upholstered furniture and don't place personal items on beds, carpets or upholstered furniture.
- Check yourself and your clothing when you leave a suspected or known infestation site.
- Simple clothing is recommended if you may be entering an infested area.. Avoid shirts with buttons and pockets (professional looking, long-sleeved, light colored shirts are advisable). Avoid cargo pants or pants with cuffs. Simple shoes that can be thrown in a hot dryer, and that have minimal tread are also recommended. Do not accessorize with anything, particularly scarves, jewelry or handbags.

## What to do if exposed:

- If you think you may have bed bugs on your clothing, undress while standing on a white sheet or surface, so you can see bed bugs if they fall to the floor. You can put your clothing in the dryer immediately, or wash them first.
- Wash and dry clothes at the hottest setting the fabric can withstand. It takes 120 degrees Fahrenheit to kill bed bugs. Before taking clothes to the dry cleaner, put them in the dryer for 20 to 30 minutes on the highest setting. Let the dry cleaner know they might be infested.
- Keep shoes or other items that cannot be easily cleaned in a plastic bag or box in the trunk of your vehicle, if possible.

## What is the Treatment for Bed Bugs?

- It is important to note bed bugs don't carry any human diseases.
- If you get bit, resist the urge to scratch. Scratching may only intensify the itch and cause an infection.
- Wash the bites with antiseptic soap to reduce the risk of infection.
- Apply an ice pack frequently to help relieve swelling.
- See your health care provider if you develop an infection.