**Recognition of Bed Bugs**

**Identification**

- Carpet beetles, fleas, lice, roaches, ticks, bat bugs and even seeds and lint have all been mistaken for bed bugs!
- Bed bug adults are dorsally flat, ¼" long and tan to brownish in color
- Bed bug nymphs look similar to adults only smaller.
- Bed bugs do not jump, fly or hop – they only walk.

**Prevention: Vigilance is key!**

**Everyday prevention tips:**
- Regularly inspect bed sheets, mattresses and areas where pets sleep.
- Thoroughly inspect any new furniture before bringing it into your home.
- When shopping, inspect clothing carefully before purchasing and immediately wash new clothing in hot water.
- Regularly inspect children’s backpacks and jackets when they return home from school.

**Tips for traveling:**
- When checking into a hotel room, placesuitcases directly into the bathtub and thoroughly check underneath mattresses, behind headboards and around baseboards.
- Vacuum suitcases and wash all clothes in hot water after returning from any vacation.

**Bed Bug Control Options**

**Non-Chemical Methods:**
- Heat infested articles/areas to >120°F for at least 90 minutes.
- Place bedding and clothing in dryer at high temperatures for at least 30 minutes.
- Cold treatments (below 0°F for at least 4 days) can eliminate some infestations.
- Use mattress, box spring and pillow encasements to trap bed bugs and help detect infestations.
- Use monitoring devices to ensure bed bugs have been eradicated and to detect new infestations.

**Chemical Control Methods:**
- Always read and follow all directions on the pesticide product label.
- Use a comprehensive strategy for controlling bed bugs – pesticides should be one part of a multi-part IPM plan.
- You may want to consult a pest control professional to inspect your home and treat any infestations.
- For suggested pesticide products consult the “Bed Bug Product Search Tool” available through EPA’s website.

**Recognize the Signs:**

- Small reddish brown fecal spots
- Molted skins
- Tiny, white eggs
- Red, itchy bite marks on skin

**DID YOU KNOW?**

The top 3 places pest control professionals have treated bed bugs are:

- Apartments & Condominiums
- Single-family homes
- Hotels & Motels

Numbers of reported bed bug infestations have increased in recent years due to:

- Increased travel
- Increased resistance to pesticides
- Lack of knowledge of preventative practices
- Ineffective pest control practices

- 1 bed bug can produce hundreds of offspring
- They can live up to 1 year without feeding
- They can survive temperatures of nearly freezing to 120°F
- It takes 3-5 minutes for a bed bug to feed.