BED BUGS DO NOT DISCRIMINATE

Common Sense Advice for Everyone

Bed Bugs don't discriminate. Anyone can get Bed Bugs. These insects do not care what race you are, your age, or your economic status; they are simply looking for their next meal. Help remove the stigma associated with Bed Bugs and participate in the solution.

Know the facts about Bed Bugs. Bed bugs are very successful hitchhikers, moving from an infested site to furniture, bedding, baggage, boxes, and clothing. Bed Bugs feed exclusively on blood. Depending on the conditions of your home, each Bed Bug may feed once every 5 to 10 days. They are quite resilient and are capable of surviving over a year without feeding. Bed Bugs are usually active late at night – not during typical home visits. Bed Bugs do not carry disease. This factsheet provides guidance on the precautions you can take to prevent the spread of Bed Bugs.

Protect yourself. Get informed.
Stop the Spread.

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- **Contact a Pest Professional.** Do NOT treat the situation yourself. Treating Bed Bugs with over the counter remedies may make it worse. Contact a pest management professional immediately. If you are a tenant, contact your landlord immediately. If your landlord is not responsive contact your local code enforcement officer.

- **Vacuum your mattress, box spring, headboard, and floors daily.** Empty the vacuum after each use, putting the vacuum cleaner bag into a sealed plastic bag and throwing it in the trash outside (to save money you can put the vacuum cleaner bag in a sealed plastic bag in your freezer to kill the Bed Bugs. Empty the dead bugs in the trash and you can re-use the bag!).

- **If you throw out furniture.** Write BED BUG INFESTED in HUGE letters with spray paint or a marker so that someone else does not pick it up. If you are not taking the furniture directly to the dump yourself, contact your local trash department and schedule a pickup immediately.

- **Cover the mattress and box spring with Bed Bug proof mattress encasement.** Purchase covers for *both* the mattress and box spring. If you can only afford to purchase one encasement, choose to cover the box spring.

- **Prepare the area well before the pest management company arrives.** Gather all clothing and bedding and put them in the dryer on high heat (at least 140 degrees) for at *least* 20 minutes to kill Bed Bugs. Do not over pack the dryer. Put cleaned items in sealed plastic bags until after treatment.

- **Do NOT change where you sleep.** Make your bed a Bed Bug free "island" by pulling the bed away from the wall. Do not let the bedding touch the floor. Sleeping in this "safe zone" will reduce the Bed Bug spread and help improve control.

- **Place Bed Bug traps under the feet of your beds and other infested furniture.** Called a Climbup®, these devices will trap Bed Bugs and prevent them from getting into your bed.

- **Remove the Clutter:** Clutter is a Bed Bug's best friend and a pest management professional's worst enemy. Do not store items under the bed.

- **Tips for traveling.** In hotel rooms, use luggage racks to hold your luggage when packing or unpacking rather than setting it on the bed or floor. Upon returning home, unpack directly into a washing machine and inspect your luggage carefully.