

Where do Bed Bugs hide?

- Mattresses, box springs, bed frames, and headboards
- Seams and fabric folds in curtains and furniture, including recliners, chairs, and sofas
- Under wall-to-wall carpeting and padding
- Any cracks, crevices, nail holes in walls, under wood moulding and baseboards
- Under loose wallpaper and seams
- In and behind picture frames and mirrors
- Clothing and clutter stored in closets, under beds and throughout the home
- Inside switch plates, electrical outlets, clocks, computers, phones, televisions and smoke detectors
- On and within recently used luggage, bags, and backpacks



Effects & Management

Bed bugs are considered the most difficult pest to control inside homes. They can take up to six times their weight in blood during one feeding event, which takes between 3 and 10 minutes and primarily occurs at night. While they have not been shown to transmit disease, they do cause a variety of negative physical and mental health consequences. These physical consequences can range from allergic reactions to secondary skin infections. Bed bugs can impact mental health in the form of anxiety and insomnia.

Controlling bed bugs takes time and patience. Bed bugs reproduce quickly and their eggs are resistant to many chemical and non-chemical pest control methods. Integrated Pest Management, or IPM, is a science-based approach for effectively managing pests such as bed bugs. IPM suggests a variety of ways to control bed bugs such as:

- Chemical methods
- Sanitation and control methods
- Reaching out to a licensed pest control operator and/or contacting landlord or management company

Bed Bugs



Pest Management Services

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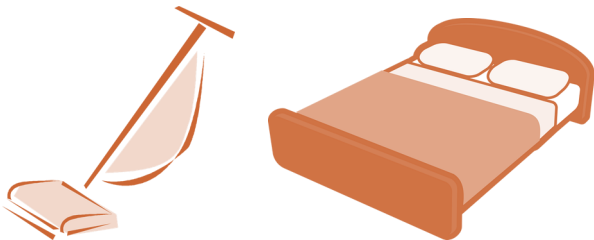


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Protecting, Improving, and Sustaining Health

Sanitation & Control

Consistent sanitation and controlling of the home and infested areas are crucial to deterring bed bug infestations. Methods to sanitize and control infested areas include:

- Vacuuming regularly and emptying the dust collector after each use. Seal the bag tightly and immediately throw it outside in an outdoor trash container
- Place bed-bug-proof covers (encasements or liners) on your mattress and box spring
- Install bed bug interceptors under each bed and furniture leg and monitor for at least a year
- Move the bed at least 6 inches from the wall and do not let bedding touch the floor
- Reduce clutter (remove anything under the bed, keep clothing off the floor)
- Discard furniture responsibly if you can't safely eliminate the bed bugs
- Isolate infested items in sealed plastic bags or containers and treat items in hot dryer for 30 minutes or discard
- Check electrical outlets and wall switches for



Chemical Methods

Chemical methods may be necessary if an infestation is already present. Preparing for treatment is very important as it will make it easier to monitor for bed bugs that haven't been eliminated. This preparation, which consists of sanitation & control methods, should be completed whether you are doing the treatment yourself or hiring a professional. However, **it is highly recommended to seek help if applying chemical methods.**

Finding and Using Bed Bug Pesticides

- Use EPA's Bed Bug Product Search tool to help find a pesticide product
- Consult a pest management professional to inspect your residence and, if needed, apply approved pesticides to treat any infestation.
- The Cooperative Extension Service office in your area can assist with choosing appropriate pesticides for your area and situation.
- Read the EPA guide *When Treatments Don't Work* before reapplying or trying a different product.
- Read the EPA guide *Stay Legal and Safe in Treating for Bed Bugs* for more information on how to safely and legally treat bed bug infestations

Seeking Help

It is best to find a bed bug infestation before the infestation becomes established or spreads. Treating a minor infestation is less costly and easier than treating the same infestation after it becomes more widespread. However, low-level infestations are also much more challenging to find and correctly identify. Therefore, it is important to perform and maintain sanitation and control methods in order to minimize pesticide use, deter wide spread infestation, and reduce the available areas and furniture for bed bugs to inhabit.

Seeking assistance from a licensed pest control professional may be necessary if an infestation has already occurred or is suspected. A licensed pest control professional can perform the following:

- Effective and thorough bed bug inspections
- Proper application of pesticides
- Identification of additional bed bug locations