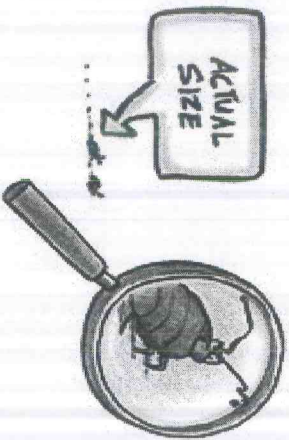


What are bed bugs?

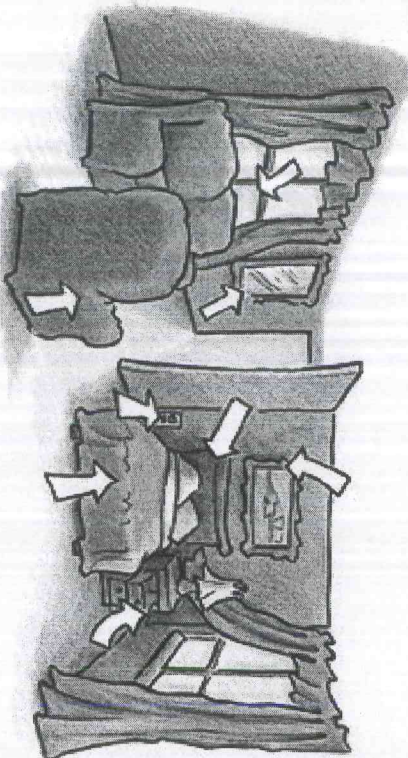
- ✓ Bed bugs are small insects that live in beds, furniture and cracks in walls.
- ✓ Bed bugs are most common where people sleep. They can be found in houses, apartments, hotels, motels, hostels, dorms, barracks, senior housing and shelters.
- ✓ They can be found in the nicest, cleanest buildings.



What do bed bugs look like?

- ✓ Adult bed bugs are about the size of an apple seed. They are brown with a flat oval-shaped body. Young bed bugs are often difficult to see as they are very light, almost clear, in color.

Bed bugs can hide in many places.

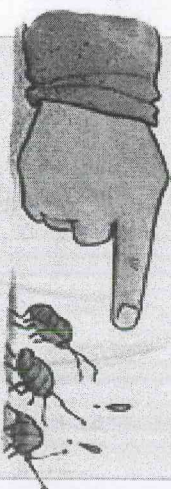


Bed bugs can make you itch!

- ✓ Bed bug bites are similar to mosquito bites.
- ✓ For most people, the bites are uncomfortable but they will not cause serious health problems. An anti-itch cream or lotion can help with the itching.
- ✓ See a doctor if the bites become infected or if you have an allergic reaction.

How can you tell if a place has bed bugs?

- ✓ If you look closely, you may see bed bugs on mattresses or hiding in cracks of furniture or walls.
- ✓ Bed bugs are good at hiding, so you will need to look for other signs too:
 - Dark spots or specks about the size of a pin head on the sheets or bedding.
 - Dark areas on the corners of mattresses.
 - Rusty or reddish stains on the bedding.
 - Small white eggs or casings.



How do you get rid of bed bugs?

- ✓ First – don't panic. It takes effort, but you can get rid of bed bugs.
- ✓ Treatment will include many steps. In many cases, it is best to call a pest management company.
- ✓ You may need to wash bedding in hot water; clean up clutter where the bed bugs can hide; clean mattresses and cover with bed bug proof mattress covers; heat or steam treat furniture; and sometimes use pesticides.
- ✓ Only use bug sprays that are EPA approved for bed bug control.
- ✓ If you live in multi-unit housing (like an apartment, condo or dorm), tell the manager or property owner. The whole building may need to be treated.

To learn more about how to get rid of bed bugs, visit:
www.epa.gov/bedbugs

How can you keep bed bugs away?

Bed bugs travel from place to place in clothing, boxes, suitcases and furniture. Here are some things you can do to keep bed bugs from moving in.

- ✓ When you travel, check for bed bugs. If you see signs of bed bugs, move to another room or place right away. Tell the manager or host.
- ✓ When you return from a trip, wash all of your belongings in hot water. If you can't wash them right away, seal them in a plastic bag until you can. Check and treat your luggage if needed.
- ✓ If you buy used clothes, keep them sealed in a plastic bag until you can wash them in hot water.
- ✓ If you buy or find used wooden furniture, paint or seal it before bringing it inside. Avoid used mattresses and used stuffed furniture.

