

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 .1 cm to .7cm (1mm to 7mm), and can live several months without feeding.

Bed bug infestations usually occur around or near the areas where people sleep. These areas include apartments, shelters, rooming houses, hotels, cruise ships, buses, trains, and dorm rooms. They hide during the day in places such as seams of mattresses, box springs, bed frames, headboards, dresser tables, inside cracks or crevices, behind wallpaper, or any other clutter or objects around a bed. Bed bugs are usually transported from place to place as people travel. The bed bugs travel in the seams and folds of luggage, overnight bags, folded clothes, bedding, furniture, and anywhere else where they can hide.

Bed bugs can be an annoyance because their presence may cause itching and loss of sleep. Sometimes the itching can lead to excessive scratching that can sometimes increase the chance of a secondary skin infection. The bite marks are similar to that of a mosquito or a flea -- a slightly swollen and red area that may itch and be irritating. The bite marks may be random or appear in a straight line. Other symptoms of bed bug bites include insomnia, anxiety, and skin problems that arise from profuse scratching of the bites.

Source: <http://www.cdc.gov/parasites/bedbugs/faqs.html> (Accessed 2/19/15)



Checking for bed bugs

Using a flashlight, check all surfaces for dark brown or reddish blood spots (bed bug fecal droppings)

- Mattress
- Frame
- Box spring
- Dressers
- Chair cushions
- Behind hanging pictures
- Furniture
- Floor/floorboards
- Walls
- Ceilings
- Clutter on floor



Bed Bugs

What to do if you find bed bugs in a client's home

Call the franchise office immediately.

How to protect yourself

Do not accept used mattresses, bed or any furniture from unfamiliar people or places.

Carefully inspect all used items prior to bringing into the home.

If visiting locations other than your house:

- Inspect surroundings for bedbugs
- Do not place clothing on bed, chair or floor
- Do not place suitcase or bags on bed, chair or floor
- If appropriate, wear shoe covers
- Prior to leaving, check suitcase or bags for bedbugs

Remove clutter. Bedbugs will find hiding spaces in any clutter on the floor or tables.

Source: <http://www.bedbug.com/knowledge-base/bed-bug-facts/bed-bugs-and-me> (Accessed 2/19/15)

For more information

- cdc.gov/parasites/bedbugs/faqs.html
- medicinenet.com/bed_bugs/article.htm
- bed-bugs.com/
- bedbug.com/knowledge-base/