



Bed Bug Fact Sheet

- **About the Bug** - Bed bugs are parasites that preferentially feed on humans. In the past decade bed bugs have made a comeback across the United States. Such infestations usually are not a reflection of poor hygiene or bad housekeeping, although clutter will provide more places for the bugs to hide.
- **Life Cycle** - Adults are reddish brown, flattened oval and wingless. They are visible to the naked eye, about the size of an apple seed or lentil. Nymphs and adults can live over a year without food (blood). The adult's lifespan may encompass 12-18 months. Females lay 2 or more eggs every 24 hours. Three or more generations can occur each year.
- **Habits** - Bed bugs are fast moving insects. They feed mostly at night when their host is sleeping. After feeding, they then crawl away to a hiding place to digest the meal. Bed bugs hide during the day in dark, protected sites. They can hide almost anywhere in a room including bedding, headboards, bed frames, carpet edges, wooden holes and electrical outlets. They usually congregate in groups especially when they sense Co2 "puffs" a person exhales while he/she is sleeping.
- **Injury** -The bite is normally painless but may cause swelling in some people. Rows of three or more bites are characteristic signs of bed bugs. However, it is extremely difficult to determine an infestation by bites alone. *Bed bugs are not known to transmit disease.*
- **Tell-tale Signs** -A bed bug infestation may be recognized by blood stains from crushed bugs or by rusty (sometimes dark) spots of excrement on sheets and mattresses, bed clothes, and walls.
- **Control Measures** - A licensed pest control technician will work with the you to provide the best treatment program possible in order to exterminate the pests. While mild infestations can sometimes be eradicated in 1 treatment, some will require 2 or more treatments depending on things like how spread out the bugs are from sleeping areas, how heavy the infestation is, the amount of clutter there is in the rooms needing treatment, and whether or not the client has done their part in preparing for our professional treatment.
- **Prevention** - Bed bugs rely on people to bring them to new locations. It is important to carefully inspect any clothing, luggage and furniture brought into your home. Any Infested items found should be bagged and treated properly before being brought in to the home.



Preparing for a professional bed bug Treatment:

*Do NOT treat rooms with bug bombs or over the counter pesticides.

They are not effective and will only further disperse Bed Bugs.

*The first and most important thing to do is to vacuum mattresses and box springs thoroughly and then encase them to trap any bugs or eggs remaining. Purchase mattress encasements for both mattress and box springs. Good quality covers can be purchased at Wal-Mart, Target, or Bed Bath and Beyond. Tape zipper openings or tears with duct tape. Care must be taken when placing box springs back on frames. Some encasements tear easily. Encasements need to be left on for 2 years to ensure any bugs inside starve and die.

*Eliminate clutter in apartment. Go through all items within 10 feet of infested areas. Remove all items from Dressers, shelving, etc. Carefully inspect and vacuum all items and place in seal-able bags to prevent re-infestation.

*Remove all linens from all beds/vacuum beds. Remove curtains from windows. Place the bed linens, curtains, clothing items, etc... in plastic bags before you move them to the laundry. Wash and dry items on high heat for a minimum of 30 minutes to kill any bed bugs or eggs that may be hidden. Dry clean delicates /suits. Return items in a clean bag and keep sealed until area is determined to be pest free.

*Vacuuming is a VERY important step in the process. Use a vacuum (preferably with a bag) and attachments. Suck up a small amount of baby/talcum powder into vacuum to suffocate any insects that will be vacuumed up. Thoroughly vacuum all areas in room from the floor to the ceiling paying special attention to cracks and crevices. Carefully inspect and vacuum all large items in the rooms of all living areas. When vacuuming is complete remove bag and throw out in an exterior dumpster. Using hot water, clean the vacuum hose, all attachments, and canisters on bag-less vacuums.

*Be prepared to vacate the residence for a few hours during the treatment period. Our technicians will also vacuum known infested areas and will be placing liquid and dust pesticides to aid in eradicating harboring bed bugs and eggs. Do not touch treated areas until dry.

*You must keep clutter to a minimum and vacuum often. Document areas where you see and kill any bed bugs after the treatment. If any live bugs are present 7 days after treatment, another service will need to be scheduled. Unfortunately we can't offer a guarantee on bed bug services because we have no control over more bugs accidentally being brought back to the residence.

You can get through this and we will help you get back to a normal life!

Technician _____ Date _____