Let's Beat the Bug!

Bed Bug Basics

- Bed bugs are a small insect, about the size of an apple seed. Adult bed bugs are flat, oval and reddish-brown in color.
- Bed bugs feed on human blood and can live for up to a year without a meal. They are usually active at night when people are sleeping.
- Some people do not react when bitten by a bed bug. Others who do react have a small bump or a large itchy welt depending on the severity of their reaction. Marks from these bites may appear in hours or days after being bitten. Bites usually occur on skin that is exposed during sleep and sometimes occur in lines on the skin.
- If you think you have bed bugs check for the bugs, blood stains, droppings, eggs and shed skins
  - Where you sit and where you sleep
  - In mattresses, box springs, bed frames and bedding
  - In cracks and crevices in bedroom furniture, floor boards, base boards, windows, door frames and electrical outlets

Remember, bed bugs are very small, flat and fast.

For more information contact the bed bug hotline at 612-624-2200, 1-855-644-2200 bedbugs@umn.edu, or visit www.bedbugs.umn.edu

What NOT to Do When You have Bed Bugs

- ⊗ Do not Panic. You can control bed bugs with careful inspection and by using proper control methods.
- ⊗ Do not try to kill bed bugs by using agricultural or garden pesticides. Using outdoor pesticides to control bed bugs can make you or your family very sick.
- ⊗ Do not use products that appear to be "homemade" or "custom formulated." Homemade products could be dangerous and they might make the problem worse.
- ⊗ Do not use products that have labels in a non-English language
- ⊗ Do not apply pesticides directly to your body. This could make you very sick.
- ⊗ Do not use rubbing alcohol, kerosene or gasoline. These chemicals may cause fires
- ⊗ Do not throw away your furniture. Beds and other furniture can be treated for bed bugs. Throwing away your furniture can spread the bugs and you have to buy new furniture.
- ⊗ Do not store things under the bed. Storing stuff under the bed gives bed bugs many new places to hide. This makes it more difficult to get rid of bed bugs.
- ⊗ Do not move things from room to room. Moving your things from the room with bed bugs to another room in your house may spread the bed bugs.
- ⊗ Do not wrap items in black plastic and place in the sun. It will not get hot enough to kill all the bugs.

Things you can do if you think you have bed bugs:

- ☑ Make sure it is a bedbug; see the factsheet *"Bed Bug Identification"*
- ☑ Contact a Pest Management Professional or your landlord
- ☑ Take steps to control the infestation; see the factsheet *"Bed Bug Control in Residences"*

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