

Let's Beat the Bug!

Bed Bug Basics

- Bed bugs are small insects, about the size of an apple seed. Adult bed bugs are flat, oval and reddish-brown in color. Juvenile bed bugs can be very small and hard to see.
- Bed bugs feed on human blood and can live for over a year without a meal.
- Bed bugs usually hide during the day near where people rest or sleep and then come out at night to feed. Bed bugs do not live on our bodies.
- Some people do not react when bitten by a bed bug.
- Most bed bugs are found within 8 feet of a person's resting place. As the infestation grows, bed bugs will spread further. You can find bed bugs in any of the following places:
 - In mattresses, box springs, bed frames, and bedding
 - In the cracks and crevices of furniture
 - Behind peeling wall paper
 - Behind pictures and clocks
 - In curtains
 - In cracks in hardwood floors
 - Under carpeting
 - Behind electrical outlets or switch plates

For more information contact the Bed Bug InformationLine at 612-624-2200, 1-855-644-2200 bedbugs@umn.edu, or visit www.bedbugs.umn.edu

How to Prevent Bed Bugs from Entering your Home

Bed bugs can enter your home; in used clothing, furniture or bedding; by traveling along pipes and wiring; and as "hitch-hikers" on you or your visitors clothing, shoes and bags.

To prevent bed bugs from entering your home:

Do not bring furniture, mattresses, box springs, or bed frames found on the street into your home.

✓ Check all used or rented furniture for bed bugs. Only get used or rented furniture from a place with a bed bug prevention policy. See the factsheet titled "*Have I found a bed bug*" for Information on identifying bed bugs.

Do not place backpacks, purses or bags on beds, couches, or other areas where you rest or sleep.



✓ When traveling check for bed bugs in your hotel room. Check the bedding, furniture and luggage valet. Keep your suitcases off the bed and check them for bed bugs when departing. See "*Inspecting your Hotel Room for Bed Bugs*" for more information

✓ For apartments, seal cracks and crevices around plumbing and wiring, this will help prevent bed bugs traveling from next door apartments.

✓ If you think you have come into contact with bed bugs, immediately wash and dry your clothing on the hottest setting the fabric can withstand, or store them in a sealed plastic bag until you are able to do so. Shoes, bags and other objects can be put in the dryer for 30 min; at medium-high temperature or the highest temperature the material can tolerate, to kill bed bugs. For more information see "*Laundering Items to Kill Bed Bugs.*"

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By Amelia Shindelar and Dr. Stephen Kells, 2011

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In accordance with the Americans with Disabilities Act, this information is available in alternative forms of communication upon request by calling 651/201-6000. TTY users can call the Minnesota Relay Service at 711 or 1-800-627-3529.

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