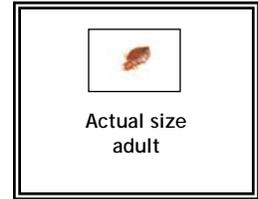




Bed Bugs



What are Bed Bugs?

- Bed bugs are small (apple-seed size), reddish brown bugs that feed on blood
- Bed bugs **hide** in beds, sofas, cracks in the wall, anywhere!
- Bed bugs only walk. They cannot fly

What are Bed Bug bites?

- Bed bugs bite people and feed on their blood
- Bed bug bites may cause a rash like a mosquito bite with swelling, redness, and itching
- Bed bug bites can look different on each person



Before and after feeding
(In millimeters)

Do Bed Bugs spread disease?

- Bed bugs are **not** known to cause any disease
- But, living with bed bugs is uncomfortable

Do you have a bed bug problem? Are you...

- Waking up with bite marks, often in a line or circle?
- Seeing red or brown spots or streaks on sheets, mattress, furniture?
- Seeing live or dead bed bugs, eggs or their shed skin in hiding places (mattress, box springs, behind headboard etc.)?

If you answered yes to any of the above, you may have a bed bug problem!



If you suspect bed bugs are in your home:

Do's and Dont's



- ✓ **Do** talk to your landlord or building manager **immediately**. They must contact a licensed Pest Management Professional experienced in bed bug detection and extermination
- ✓ **Do** contact LA County Environmental Health Hotline (888) 700-9995 if building management does not respond

- ⊘ **Don't** throw away your furniture or belongings
- ⊘ **Don't** use insect killers, foggers and "bug bombs." They won't work and may make bed bugs worse
- ⊘ **Don't** think bed bugs will go away on their own

What Can You Do?

Use the checklist on the back to help you treat the bites and control and eliminate bed bugs.

To treat bites

- Usually no treatment is necessary. Bites will heal in 3-6 weeks
- For itching, apply hydrocortisone 1% cream 3 times a day
- If bites look infected, see your doctor



Right away

- Pull bed away from the wall
- Vacuum thoroughly everywhere: the whole mattress and box springs, including seams and folds, all furniture, and cracks of walls and baseboards
- Seal the vacuum bag tightly and throw it away outside immediately
- Wash all bedding, clothes and soft toys. Put in dryer for 20 minutes on HIGH heat
- Keep all clean items, such as clothing and pillows in new tightly sealed plastic bags, so bed bugs do not get in

Over the next few days

- Eliminate clutter. Bed bugs hide there
- Do **not** store items under the bed
- Seal all cracks and gaps in walls/windows
- Vacuum everywhere daily for one month
- Wash and dry clothing and bedding every week on the **hottest** setting
- Consider buying bedbug encasings for mattress and box spring; and "climb up" bed bug trap (bedbugcentral.com)



If the problem continues

- Talk to your landlord and neighbors. A licensed Pest Management Professional is needed
- Call LA County Environmental Health Hotline (888) 700-9995

You can control bed bugs but only
a professional exterminator can completely eliminate bed bugs



To prevent bed bugs:

- Do vacuum, change bedding and do laundry weekly
- Do make sure your neighbors get rid of their bedbugs
- Do check your belongings when traveling and returning home
- Do inspect thoroughly if buying used items, such as furniture
- Don't permit clutter in your home
- Don't pick up used furniture off the street
- Don't throw away your infested furniture and items on the street



For more information:

www.bedbugcentral.com

<http://www.nyc.gov/html/doh/html/vector/vector-faq1.shtml>