

BED BUGS FACT SHEET

What are bed bugs?

Bed bugs are small, wingless insects about the size of an apple seed. They feed on the blood of animals such as birds and mammals while they sleep, but are not known to spread disease. They are commonly found in cracks and crevices of beds, furniture, and walls. They are not caused by poor hygiene or cleaning habits.

What are the symptoms?

Most people DON'T feel the bug bite.

- Many small, itchy, red bumps on skin. (May appear similar to other bug bites). These may take up to 14 days to show up.
- Some people may experience severe allergic reaction similar to hives.

How are they treated and removed?

- Found worldwide, bed bugs are spread by traveling and hiding easily among luggage.
- Bites can be treated by not scratching them and by applying antiseptic cream.
- Spraying of insecticides is a typical treatment for an infestation. Contact a pest control agent or your landlord.
- Wash clothing and linens on highest heat material can stand or put in dryer on high heat for 30 minutes.
- Reduce clutter to remove hiding places.

Where are they found?

- Bed bugs can be found in the seams and folds of luggage, overnight bags, folded clothes, bedding, furniture, corners of drawers, among clutter, behind wallpaper, and even in used books.

What to look for?

- Small blood stains on sheets and mattresses
- Bed bugs and their eggs can be found in folds, creases and corners of furniture
- Sometimes large dark brown/red fecal spots can be found on or near bed

How are they prevented?

- The best way to prevent bed bugs is routine inspection for infestations.

Adults can survive for 5 or more months without a blood meal. Younger ones can survive for about a week. After removing them, be sure to routinely check for any remaining bed bugs for at least 5 months.

More information: <https://www.cdc.gov/parasites/bedbugs/faqs.html>

This FACT SHEET is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a healthcare provider. For more information call your healthcare provider.

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