

# 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**

## 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 language other than English.
- ⊗ 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 “*Have I found a Bed Bug?*” at [www.bedbugs.umn.edu/have-i-found-a-bed-bug](http://www.bedbugs.umn.edu/have-i-found-a-bed-bug)
- ✓ Contact a Pest Management Professional or your landlord.
- ✓ Take steps to control the infestation; see the factsheet “*Bed Bug Control in Residences*” at [www.bedbugs.umn.edu/bed-bug-control-in-residences](http://www.bedbugs.umn.edu/bed-bug-control-in-residences)

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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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