

# Bed Bugs

## Fact Sheet

### What are Bed Bugs?

Bed bugs are small insects that feed on human blood. They are usually active at night when people are sleeping. Adult bed bugs have flat, rusty-red-colored oval bodies and are about the size of an apple seed. They are big enough to be easily seen, but often hide in cracks in furniture, floors, or walls. When bed bugs feed, their bodies swell and become brighter red. They can live for several months without food or water.

### What does a bed bug bite feel like and look like?

Most bed bug bites are initially painless, but later turn into large, itchy skin welts. These welts do not have a red spot in the center like flea bites.



### Are bed bugs dangerous?

Although bed bugs are a nuisance, they are not known to spread disease.

### How does a home become infested with bed bugs?

In most cases, people carry bed bugs into their homes unknowingly, in infested luggage, furniture, bedding, or clothing. Bed bugs may also travel between apartments through small crevices and cracks in walls and floors.

### How do I know if my home is infested with bed bugs?

You may notice itchy skin welts. You may also see the bed bugs themselves, small bloodstains from crushed insects, or dark spots from their droppings. It is often hard to see them because they hide in or near beds, other furniture, and in cracks.

### How can I get rid of bed bugs?

The Maine CDC recommends that homeowners hire pest control professionals licensed by the Maine Board of Pesticides Control (BPC) to get rid of bed bugs.

The pest control company should:

- Inspect your home to confirm the presence of bed bugs.
- Find and eliminate their hiding places.
- Treat your home with special cleaning and/or pesticides if necessary.
- Make return visits to make sure bed bugs are gone.

Be sure you hire a licensed exterminator. Ask to see a copy of the license or check directly with BPC by calling (207) 287-2731 or visiting <http://www.maine.gov/agriculture/pesticides/about/index.shtml>

### Is it necessary to use pesticides to get rid of bed bugs?

The best way to get rid of bed bugs is to clean, disinfect and eliminate their hiding places. Since bed bugs can live for several months without food and water, pest control professionals may use a pesticide. Talk with the professional about safe use of pesticides and make sure he/she:

- Uses the least toxic pesticide.
- Follows instructions and warnings on product labels.
- Advises you about staying out of treated rooms and when it is safe to reenter.
- Treats mattresses and sofas by applying small amounts of pesticides on seams only. Pesticides should never be sprayed on top of mattresses or sofas.

### How can I get rid of bed bugs?

1. Find out where bed bugs are hiding in your home. Use a bright flashlight to look for bed bugs or their dark droppings in bedroom furniture. You can use a hot hair dryer to force them out of hiding spaces and cracks. You should check:

- Behind your headboard.
- In the seams and tufts of your mattress and inside the box spring.
- Along bedroom baseboard cracks.
- In and around nightstands.

- Other bedroom items, including window and door casings, pictures, moldings, nearby furniture, loose wallpaper, cracks in plaster and partitions, and clutter.
2. Clean areas where bed bugs are likely to hide.
- Clean bedding, linens, curtains, rugs, carpets, and clothes. To kill bed bugs, wash items in hot water and dry them on the highest dryer setting. Soak delicate clothes in warm water with lots of laundry soap for several hours before rinsing.
  - Scrub mattress seams with a stiff brush to remove bed bugs and their eggs.
  - Vacuum mattresses, bed frames, nearby furniture, floors and carpets. Pay special attention to cracks and open spaces. Immediately after vacuuming, put the vacuum cleaner bag in a sealed plastic bag, and throw it away in an outdoor container.
  - If you find bed bugs on a mattress, cover it with a waterproof, zippered mattress cover labeled “allergen rated,” or “for dust mites.” Keep the cover on for at least one year.
  - If your box spring is infested, seal it inside a vinyl box spring cover for at least one year. If no cover is available, throw the box spring away.
  - Throw away infested items or clutter that can’t be cleaned. Make sure the items are sealed tightly in plastic garbage bags before placing them in an outside container.
  - Repair cracks in plaster and loose wallpaper.

3. Be very careful about using pesticides yourself. Pesticides can be harmful to people and pets.

If you choose to use a pesticide, or a licensed exterminator suggests you use one, follow these guidelines:

- Only use pesticides clearly labeled for bed bug extermination. Never use a cockroach spray, ant spray, or any other pesticide that does not list bed bugs on the label.
- Follow label instructions exactly.
- Never spray pesticides on top of mattresses or sofas, or in areas where children are present.
- Never purchase or use a product without a manufacturer’s label and never buy pesticides from street vendors.

- Avoid “insecticide bombs” and “foggers” in your home. These products can spread harmful chemicals throughout your home.

#### **How can I keep bed bugs out of my home?**

- Wash clothing and bedding immediately after returning from a trip.
- Inspect used furniture for bed bugs before bringing it into your home.
- Never bring discarded bed frames, mattresses, box springs, or upholstered furniture into your home.

#### **How can I keep my furniture from infesting someone else’s home?**

- Never resell or donate infested furniture.
- If you throw infested furniture away, cut it or poke holes in its upholstery so others will not want it.
- Tape a sign to it that says, “Infested with Bed Bugs.”

#### **Where can I get more information?**

For more information you can contact Maine Center for Disease Control (Maine CDC) Office of Local Public Health at 1-207-287-6227 or Maine CDC Disease Reporting and Consultation at 1-800-821-5821 or visit the website <http://www.mainepublichealth.gov>.