



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.

Adult bed bugs 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 feeding on a host.

WHAT DOES A BED BUG BITE FEEL 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 as do the bites from fleas.

ARE BED BUGS DANGEROUS?

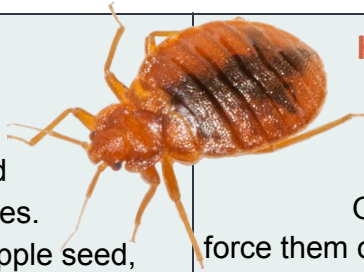
Although bed bugs and their bites are a nuisance, they are not known to spread diseases.

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 find them because they hide in or near beds, other furniture, and in cracks.



HOW CAN I GET RID OF BED BUGS?

Find out where bed bugs are hiding.

Use a flashlight to look for bed bugs or their dark droppings in bedroom furniture. Or use a hot hair dryer, thin knife, or card to

force them out of hiding spaces. 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.

Clean areas where bed bugs are likely to hide.

- Clean bedding, curtains, rugs, and clothes. To kill bed bugs, wash items in hot water and dry them on the highest dryer setting. Wool items, plush toys, shoes, and many other items can be placed into a hot dryer for 30 minutes to get rid of bed bugs.
- Scrub mattress seams with a stiff brush to dislodge bed bugs and their eggs.
- Vacuum mattresses, bed frames, nearby furniture, and floors. Pay special attention to cracks. Immediately after vacuuming, put the vacuum cleaner bag in a sealed plastic bag, and dispose of it 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.
- Dispose of infested items that cannot be cleaned and get rid of clutter. Seal tightly in a plastic garbage bag and discard in an outside container.
- Repair cracks in plaster, and repair or remove loose wallpaper.



Actual Size

CAN I USE MY OWN PESTICIDES/BUG SPRAY?

Be very cautious about using pesticides yourself.

Pesticides can be hazardous to people and pets. If you choose to use a pesticide follow these precautions:

- Only use pesticides clearly labeled for bed bugs. 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 or pets are present.
- Never purchase or use a product without the original manufacturer's label.
- Avoid using "insecticide bombs" or "foggers" in your home. These products can spread hazardous chemicals throughout your home, and are not likely to be effective against bed bugs.

HOW CAN I KEEP MY FURNITURE FROM INFESTING SOMEONE ELSE'S HOME?

- Never resell or donate infested furniture or clothing.
- If you throw infested furniture away, make it undesirable to others by cutting or poking holes in its upholstery or making it unusable.
- Tape a sign to it that says "Infested with Bed Bugs."

HOW CAN I KEEP BED BUGS OUT OF MY HOME?

- Wash clothing and inspect luggage 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.

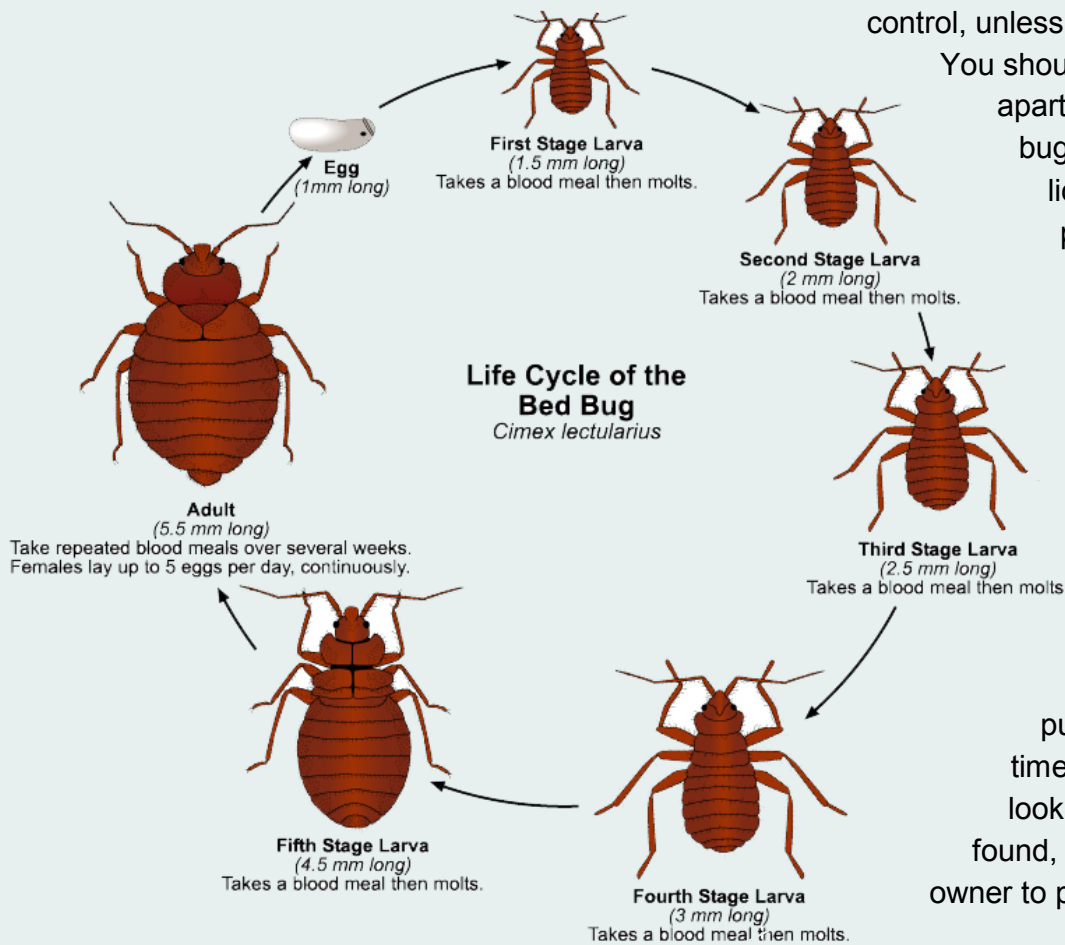
I RENT MY APARTMENT. WHAT CAN I DO?

It is the owner's responsibility to provide the pest control, unless you rent a single family house.

You should let the owner of your apartment know that you have bed bugs and the owner should hire a licensed pesticide applicator to provide treatment. You can help by cleaning your items as described on the first page of this fact sheet.

CAN THE DEPARTMENT OF PUBLIC HEALTH HELP?

If the owner of your apartment will not provide pest control as required, you may file a complaint with our department. We will then have a public health inspector set up a time with you to do an inspection to look for bed bugs. If bed bugs are found, we will be able to order the owner to provide pest control as needed.



For more information on bedbugs, visit: www.cdc.gov/parasites/bedbugs • www.epa.gov/bedbugs • nyc.gov/bedbugs

For legal assistance, you may consult the nearest legal services office, which is:

Metrowest Legal Services, 63 Fountain Street, Suite 305, Framingham, MA 017402 • 508-620-1830

Town of Framingham Department of Public Health • 508-532-5470 • health@framinghamma.gov • framinghamma.gov

Office Address: 31 Flagg Dr., Framingham, MA 01702 • Mailing Address: 150 Concord St., Framingham, MA 01702