

WHAT YOU NEED TO KNOW ABOUT

BED BUGS

Any person can bring a bed bug home. These tiny insects most commonly are found wrecking havoc in homes, more specifically, bedrooms where they have access to their source for meals: humans.



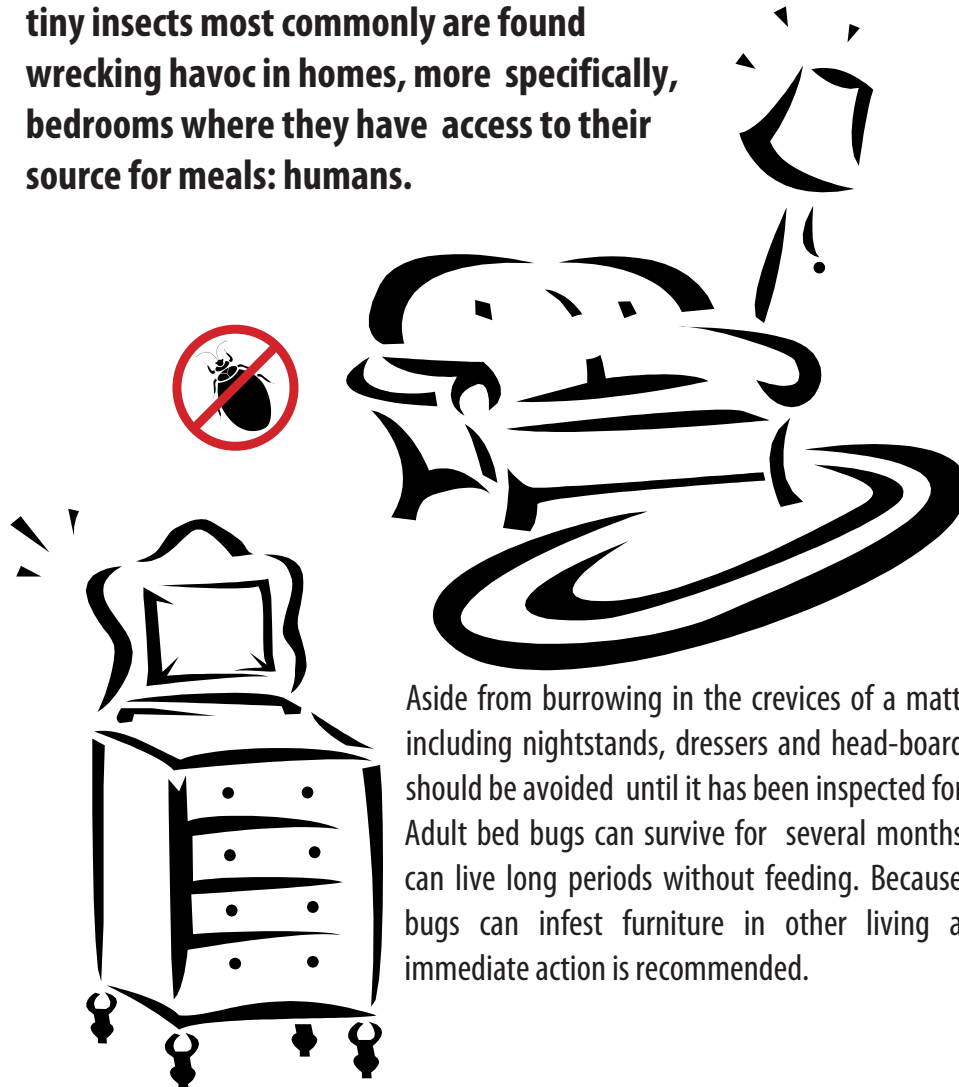
Bed bugs are small reddish-brown insects that are about the size of an apple seed. They hide in and around beds. Adult females lay up to five eggs a day in the crevices of mattresses and box springs and near baseboards. The eggs, which have a sticky outercoat, hatch in about 4 to 12 days.

It takes about 5 to 10 minutes for a bed bug to take a full blood meal.

Bed bugs don't carry diseases, but their bites can cause skin infections. The bites of a bed bug can be mistaken for a mosquito or flea bite, which can worsen the problem and delay the detection of an infestation. Some people may not show any symptoms of being bitten.

Aside from burrowing in the crevices of a mattress, bed bugs hide in nearby bedroom furniture, including nightstands, dressers and head-boards. Bringing secondhand furniture into your home should be avoided until it has been inspected for bed bugs.

Adult bed bugs can survive for several months and can live long periods without feeding. Because bed bugs can infest furniture in other living areas, immediate action is recommended.



DCHHS
Safe families, healthy lives.

Dallas County Health and Human Services

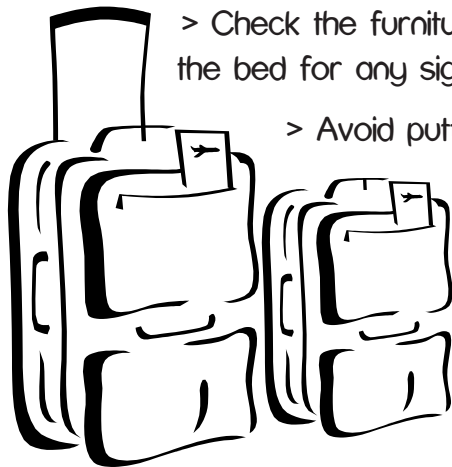
www.dallascounty.org/hhs

Travelers are cautioned and encouraged to change their behavior while they're away from home. Before checking into a hotel, travelers should keep their belongings away from the area around the bed and off the floor until a thorough check can be conducted.



AVOID BRINGING HOME **UNWANTED VISITORS**

- > Ask hotel management if they have had any recent bed bug infestations.
- > Bed sheets and pillows should be pulled back.
- > Inspect the mattress, box spring and headboard for any eggs, bed bugs or blood spots.



> Check the furniture and baseboards around the bed for any signs of bed bugs.

> Avoid putting belongings away in drawers until a thorough check has been completed.



WHAT TO DO IF YOU THINK YOU'VE BEEN **EXPOSED**

- 1 Clothing and bedding should be washed in the highest temperature allowable that won't damage the fabric.
- 2 Luggage and other travel items should be kept from inside the home and wrapped tight in plastic bags until they can be checked for bed bugs.
- 3 Vacuuming, clearing clutter and cleaning may help diminish the problem, but consulting with a pest control provider is recommended.



* **REMEMBER:** It is often unnecessary to dispose of household items infested with bed bugs. Many things can be treated, encased or saved.