

FACTSHEET **Bed Bugs**



Bed Bug Fact Sheet for Community-based Workers

Bed bugs have an oval-shaped body with a short broad head. These brown wingless insects are shaped similar to an apple seed. Unfed adults are approximately 6 – 10 mm long; after feeding they turn dark red and swell slightly in size.

Nymphs are shaped like adults but are yellowish white in color. Bed bug eggs are white (about 1 mm long) and pear shaped. The eggs have a sticky coating and can be deposited in cracks and crevices.

They are usually found on box springs, mattresses, headboards and upholstered furniture but will also hide behind baseboards, pictures, wall paper, window and door frames. They generally hide in cracks and crevices during the day and come out to feed at night. Bed bugs are not associated with the transmission of human disease.

When entering a dwelling that may have a bed bug infestation; keep the following precautions in mind:

- Learn how to identify bed bugs (see description above). Bed bugs are large enough to be seen with the naked eye. Wearing light colored clothing will make bed bugs easier to detect and remove from your clothing.
- Bed bugs do not jump or fly. They do not chew through anything; keep your belongings in a closable plastic bag or container.
- When visiting, bring only the supplies needed for the visit into the dwelling with you. Avoid placing belongings close to the wall, on carpet or upholstered furniture. If this is unavoidable store belongings in a closed plastic bag or container. Hang your coat on a hanger rather than laying it on an upholstered item.
- If possible stand rather than sit or avoid sitting on upholstered furniture; wooden or metal chairs are better.
- After leaving the dwelling inspect your shoes, clothing and belongings for signs of bed bugs. If you find any bed bugs kill them immediately.
- When you get home put your clothes in the washer and dryer on a hot setting,



A photo of a bed bug after feeding. Two eggs are next to it. The rice provides size comparison.

- When entering a dwelling with a known infestation, wear disposable protective clothing such as shoe covers and coveralls.
- If you are concerned your equipment has become infested with bed bugs you can monitor for bed bug activity by placing double sided carpet tape around the bag or container. If bed bugs are present they will become stuck to the carpet tape and prevent them from becoming established in your belongings.

How to keep your office bed bug free

Using proper room design in areas that the general public has access can help minimize the risk of a bed bug infestation in your office.

- Where the general public has access furniture and flooring should have as few cracks and crevices as reasonably possible, be light in color and be constructed of an easy to clean material. It will be easier to detect and remove bed bugs from this type of surface.
- Avoid upholstered furniture in areas where the public has access. If this is unavoidable, furniture should be regularly monitored and vacuumed.
- Bed bugs prefer dark hiding places so remove unnecessary clutter from areas to eliminate hiding places.
- Establish a pest monitoring program with a certified pest control company. A pest control technician will be able to detect bed bugs sooner than the staffs working in the office and can implement control measures to prevent the spread of the bed bugs.