

WHERE TO LOOK

- Behind bed head boards
- Along mattress seams
- In bed box springs
- Along room base boards
- In or under other furniture

PREVENTION

- Educate everyone about the problem and what to do
- Know how to recognize bed bug infestations
- Regularly monitor for bed bugs
- Act quickly to control infestations

ADDITIONAL FACTS

- Adults can survive months without feeding
- Never proven to transmit human disease
- Active and feed mostly at night
- They may be spread via used furniture, especially mattresses
- Bite "sensitivity" varies from severe to no reaction



- MYTH:** You can't see a bed bug.
REALITY: You should be able to see adult bed bugs, nymphs, and eggs with your naked eye.
- MYTH:** Bed bugs live in dirty places.
REALITY: Bed bugs are not attracted to dirt and grime; they are attracted to warmth, blood, and carbon dioxide. However, clutter offers more hiding spots.
- MYTH:** Bed bugs transmit diseases.
REALITY: There have been no cases or studies that indicate bed bugs pass diseases from one host to another.
- MYTH:** Bed bugs won't come out if the room is brightly lit.
REALITY: While bed bugs prefer darkness, keeping the light on at night won't deter these pests from biting you.
- MYTH:** Pesticide applications alone will easily eliminate bed bug infestations.
REALITY: Bed bug control can only be maintained through a treatment strategy that includes a variety of techniques plus careful attention to monitoring. Pesticides may be part of the strategy, but will not eliminate bed bugs alone.

BED BUGS



SIGNS OF BED BUGS & REMOVAL TIPS



Early detections and prompt response can avoid larger problems.

TENANT UNION

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WHAT TO LOOK FOR

- Red, itchy rashes from bites
- Small, black droppings
- Blood stains or shed skins on sheets, mattress, or furniture



BED BUG IDENTIFICATION

- Eggs are tiny, white, and glued to surfaces
- Oval shaped, flattened with six legs
- Nymphs are light colored from 1/16"
- Adults are rusty red, apple seed sized (1/4" - 3/8")
- Do not jump or fly, but are good runners
- Tend to congregate together



THINGS YOU SHOULD DO

- DO:** Call your landlord
- DO:** Call your elected public official(s)
- DO:** Talk to someone who can help you like the local or state health department and the UI Tenant Union
- DO:** Always read and follow directions when using pesticides

THINGS YOU SHOULD NOT DO

- DON'T:** Throw away your furniture or belongings
- DON'T:** Panic
- DON'T:** Bug bomb
- DON'T:** Use pesticides not approved for bed bugs
- DON'T:** Spray mattress or self unless pesticide is labeled for such use

THINGS TO DO RIGHT AWAY

- Pull bed away from wall
- Wrap duct tape (sticky side out) around the bed legs to keep bugs from climbing up
- Put clothes, bedding, and other items in dryer for at least 20 minutes on high heat
- Once you remove items from dryer, seal them in bags so bugs cannot get in again
- Vacuum on a regular basis, remove vacuum bags or contents, place into a plastic bag, seal tightly, and dispose right away
- Ask your neighbors if they also have a problem. If so, encourage them to also go to the landlord as bed bugs can spread between apartments
- Eliminate clutter
- Do not store items under the bed

ASK YOUR LANDLORD TO

- Buy a bed bug cover for mattress and box spring
- Calk all cracks and crevices, such as along the baseboards and around windows
- Steam clean the carpets and upholstered furniture
- Exterminate using a licensed exterminator (this generally will require more than one treatment)
- Explain to the landlord that it is much cheaper to eliminate bed bugs in one apartment than to wait until there is a problem in several units

