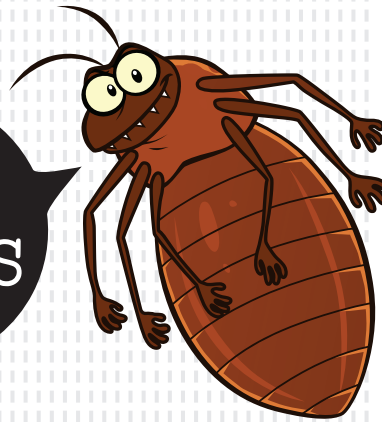


BED BUGS

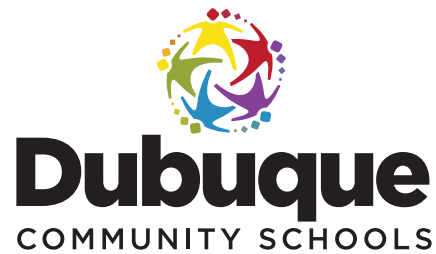
THE FACTS



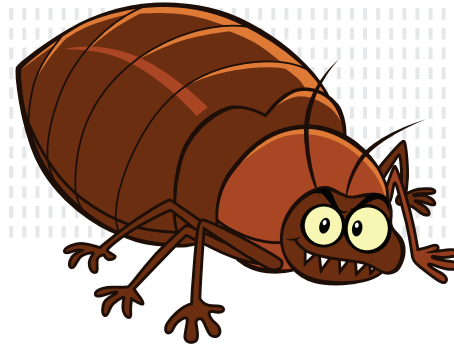
LEARN MORE

Find additional resources on bed bugs at www.dbqschools.org/bedbugs.

This brochure developed in partnership between:



Bed bug sightings and infestations have increased both nationwide in the greater Dubuque community. As a result, local health and school officials are working to address this issue and have created this brochure to education community members about bed bugs.



BED BUGS: *What are they?*

Bed bugs are small white-brown flat insects that feed on human blood, like mosquitos. Their bite may even resemble that of a mosquito and they are usually not noticed when they occur. They are not known to transmit any diseases, but their bites may become itchy or swollen – and active infestations may cause difficulty sleeping.

Bed bugs are known hitchhikers – traveling on clothes, luggage and property (but they DO NOT live on people). They prefer to hide during the day, and feed at night.

If someone has a reaction to bed bug bites, they look like this...



DID YOU KNOW?

- + Bed bugs are most active between midnight and 3 a.m.
- + You usually won't see them during daylight hours.
- + Bed bugs like to feed every 4-5 days and they can live for months or longer.
- + Some bed bugs can survive high heat and commercial pesticides.

Prevention, fast identification and rapid treatment are the most effective methods to fight bed bugs.

LEARN HOW INSIDE >>

DETECTION

LOOK FOR THESE SIGNS OF BED BUGS:

Rust/blood colored spots on bed linens (which are droppings or blood stains from regurgitated feedings and crushed bugs).

Live bed bugs of any size.

Eggs, eggshells or pale yellow skins (about 1 mm in size) that nymphs shed when they grow.

Musty odor.

Red, itchy welts or rashes from bites (this may occur, but is not a reliable indicator of bed bugs).

HIDING PLACES

- + Bedding, mattresses, box springs and around head boards
- + Under and in carpeting and rugs
- + Clutter in open areas
- + Clothing and boxes in closets
- + Luggage, backpacks and clothing baskets
- + Furniture, including chairs and sofas, as well as curtains and bookcases



ACTION

IF YOU FIND OR SUSPECT BED BUGS:

Search all possible hiding spots using flashlights and a magnifying glass if possible.

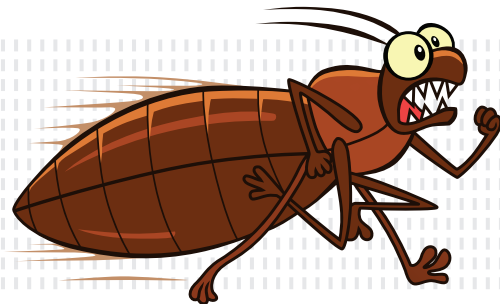
If bed bugs are found, place a sample in a sealed plastic bag or container to show a pest management company.

If you live in a multi-unit dwelling, notify your landlord immediately to minimize the likelihood of a larger infestation.

If you are in a school, public facility or jail, notify the proper maintenance personnel or custodians for proper treatment options.

Heat contaminated linens in drier at high temperatures for at least 30 minutes.

Contact a qualified pest management professional — never attempt to chemically treat areas on your own.



PREVENTION

REDUCE THE RISK OF BED BUGS:

Remove clutter where bed bugs can hide

Use certified bed bug mattress and box-spring encasements

Vacuum and clean on a weekly or bi-weekly basis

Seal and dispose of all vacuum bags immediately

Seal any cracks or crevices where bed bugs may hide

Place contaminated items in a sealed container or plastic bag

Wash and dry contaminated articles (heating articles for minimum of 30 minutes at high temperature can kill bed bugs)



TIPS FOR TRAVELERS

- + Use caution when traveling as bed bugs may hitchhike on your belongings.
- + When staying in a hotel/motel, be sure to inspect the mattress and headboard
- + Never place jackets or loose articles of clothing on the bed or couch before inspecting
- + Keep bags, luggage and backpacks off the bed.
- + Inspect all travel articles closely upon return
- + If you suspect contamination seal all items in plastic bags until washing or treatment.
- + Place travel clothes directly into washer and dryer.

Life Cycle of the Bed Bug *Cimex lectularius*

After hatching, bed bugs need a blood meal each time they molt and move to the next stage



Scale: 1 cm