



THE FACTS ON BED BUGS

Our Business Is Protecting Yours



Q. WHAT ARE BED BUGS?

A. Bed bugs are blood-feeding insects. They are brownish-red in color, but turn a dark reddish-brown once they've fed. Before feeding, the adult bed bug is about $\frac{1}{4}$ inch long and flat. Once engorged with blood, it swells in size.

Q. WHERE DO BED BUGS COME FROM?

A. Bed bugs can't fly, so they either crawl or are carried from place to place. There has been a recent resurgence of bed bugs in hotels, motels and hostels. Even five-star hotels have had problems with them.

Bed bugs or their eggs can hitchhike in a traveler's suitcase or clothing. Business people now routinely travel to and from countries where bed bugs are common even in finer hotels. The offspring of just one pregnant female can infest a room,

and eventually other rooms nearby. Their flattened shape allows them to easily slip into narrow places in mattress seams, bed frames, headboards, bedside furniture, behind pictures and switchplates, behind baseboards, under buttons on mattresses, and in box springs.

Q. WHAT DO BED BUGS DO?

A. Bed bugs feed about once a week, usually at night and for several minutes, usually on a sleeper's exposed skin. The bite is nearly painless and goes unnoticed by most people. Some people have no reaction, but a few may develop a hard bump with a whitish center, which can itch for days. Bed bugs can survive for several months between feedings. Although bed bugs feed on human blood, there has been no evidence that they spread any disease.

WHAT YOU CAN DO ABOUT BED BUGS

LOOK FOR:

- > Speckles of dried blood excrement.
- > Examine the backside and cracks in bed headboards closely. Use a flashlight to help.
- > Remove bed linens to examine the folds and seams closely on the mattress, cover and box spring. Look for adult and nymph bugs as well as the tiny whitish eggs.
- > Examine wallpaper and/or moldings around headboards.

WHAT TO DO IF BED BUGS OR SIGNS OF BED BUGS ARE FOUND:

- > Quarantine all linens. Follow a strict housekeeping chain-of-command for linens to prevent bed bugs from spreading to other rooms. Suspect linens should be isolated in sealed plastic bags and laundered separately from non-infested linens.
- > Sheets and bedding should be washed in soap and hot water. Bedding and drapes that cannot be laundered should be dried in the dryer at a high temperature for at least 30 minutes.
- > The mattress and box spring should be leaned against the wall. Dismantle the bed frame to allow access for thorough inspection and treatment.

- > The mattresses, carpeting and floor should be thoroughly vacuumed, particularly along the baseboards using a crack and crevice attachment. The vacuum bag should be disposed of immediately in a sealed plastic bag in an outdoor trash receptacle.
- > Upholstered furniture in other rooms will need to be thoroughly inspected and possibly treated. Any blankets, throw pillows, etc. should be removed, bagged and then dried at a high temperature for one hour. Heavily infested upholstered furniture may need to be discarded.

HOW TO AVOID A BED BUG INFESTATION:

- > Be vigilant. Educating the housekeeping staff to recognize bed bugs is your best proactive tool for identifying infested rooms.
- > Vacuum rooms and accessories thoroughly each day.
- > Carefully inspect any used furniture before bringing it inside.
- > Immediately contact Terminix® to treat any suspect rooms, along with the surrounding rooms, to contain any infestation threat.

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