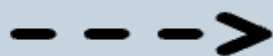


Integrated Bed Bug Management

Bed bugs can be a challenging pest to eradicate. An integrated pest management (IPM) approach is a comprehensive and effective strategy that takes advantage of all appropriate pest management options.

Bed Bug Identification



It is vital that you correctly identify bed bugs before moving forward with bed bug treatment.

Bed Bug Biology



Bed bugs are small, flat insects that are reddish brown in color. They are wingless and are about the size of an apple seed. They have 5 stages of development before reaching maturity, all which feed on the blood of their human and animal hosts. They also shed and their exoskeletons left behind can be easily identified.

TIP

Consider reaching out to your local county extension agent. They will be able to identify the pest at no cost to you.

Common Hiding Places



Bedrooms

Seams of mattresses, box springs, bed frames, headboards, dresser tables, clothing and clutter in closets



Living Rooms

Cracks and crevices of couches, under loose wall paper and picture frames



Travel Luggage

On and in recently used luggage, backpacks, and bags

Other Ways to Identify Bed Bugs

Bed Bug Eggs

Bed bug eggs can be seen with a magnifying glass. They are generally about the size of a pinhead, pear-white in color, and marked by an eye spot if more than five days old.

Bites

Most people have a mild allergic reaction to the bites of bed bugs. They typically form in a trail or grouping that resembles a rash. However, some people have no reaction to a bite, while others have a severe reaction that it can lead to anaphylaxis. (severe, whole-body reaction).

Blood Stains

Blood stains can be found around where the bed bug had its blood meal, typically on a mattress, sheets, upholstered furniture, or walls. They are dark red spots and may bleed on the fabric like a marker would.

Monitoring Equipment

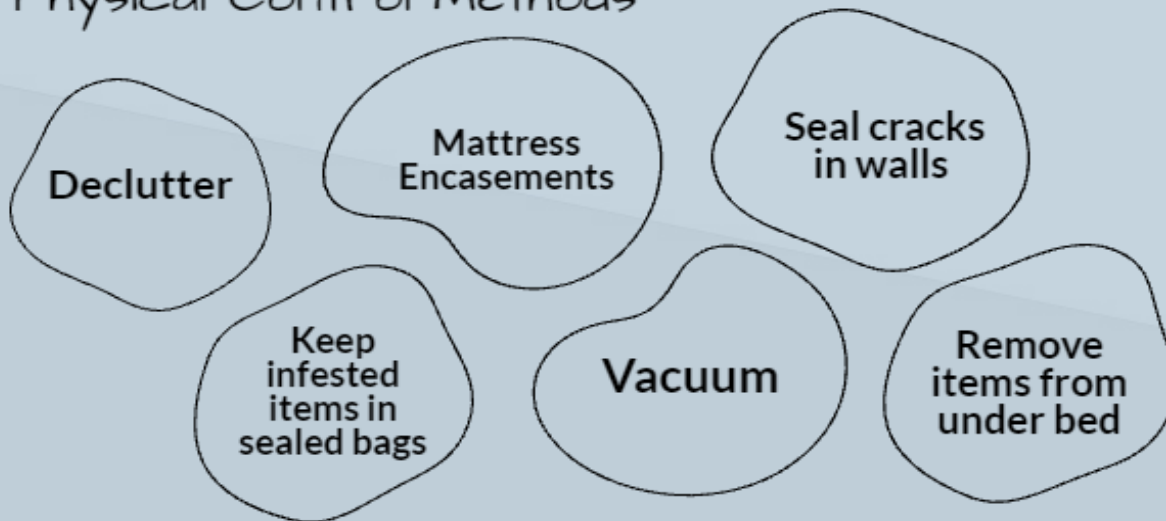
Monitoring equipment such as bed bug interceptors under bed and furniture legs are helpful to detect a bed bug infestation.

Bed Bug Control and Treatment

After confirming you have an infestation, an IPM approach that combines physical, non-chemical, and chemical methods is recommended.



Physical Control Methods



TIP

Be sure that the mattress encasement has a zipper that closes completely and the zipper teeth are tight so no bugs can get out or in.

Non-Chemical Treatment Methods

Heat treatment

Bed bugs are killed at temperatures of at least 120°F for 90 minutes. Consider putting your bedding and clothing in the dryer and using a heat-generating device for items unable to fit in the dryer.

Cold treatment

This method can be successful in the home environment if the freezer is set to 0°F. You must leave the items in a sealed bag in the freezer at that temperature for four days. Be sure to use a thermometer to check the temperature, since home freezers are not always set to 0°F.

TIP

Some non-chemical methods will be more effective than others and should be used with other types of treatment methods.

Chemical Treatment Methods

Hiring a Trained Bed Bug Control Professional

- Call several licensed and insured companies, compare services, get written estimates, and check references
- Look for companies that:
 - Offer an IPM solution
 - Offer both chemical and nonchemical treatment options
 - Give a pre-treatment check-list
 - Perform pre-treatment inspection
 - Recommend both interceptors and encasements
 - Offer two or more service visits and follow-up

Do-it-Yourself

If using pesticides to treat bed bugs yourself, it is important to remain patient and not do something out of desperation that may expose you and your family to an unsafe pesticide. Be sure the pesticides are EPA-registered pesticides labeled for bed bug control. EPA has a product search tool that can help the user choose a pesticide. Be sure to read the label and follow the directions carefully and completely.

[Find a Bed Bug Pesticide Product | US EPA](#)