



Bed bugs and "rust" blood stains on a mattress

Treating Bed Bugs

IMPORTANT!

The best ways to stop bed bugs can be **risky** and may not work at all if you are not trained.

If you have bed bugs in your home, do not try to treat them yourself. You should report the problem to your landlord so they can hire a licensed pest management professional to manage the problem. It may take more than one visit to get them under control.

Management methods include:

- Heating houses or rooms to 120°F
- Steaming mattresses, beds, etc.
- Spraying liquid pesticides
- Applying dust pesticides

Early treatment is the best way to stop bed bugs from spreading.

If you have bed bugs in your apartment building, contact your landlord immediately.

For questions or concerns about bed bugs in lodging establishments, restaurants or youth camps:

**Call Maine CDC
Health Inspection Program
(207) 287-5671
TTY: (800) 606-0215**

For questions about treating or identifying bed bugs:

**Call
U-Maine Cooperative Extension
(800) 287-0279**

For questions about treating bed bugs in your home, please call a licensed pest management company in your area.

A list of licensed pest management professionals can be found at
<http://www.maine.gov/dhhs/boh/ddc/epi/bedbugs/>



*Maine Center for Disease
Control and Prevention*

*An Office of the
Department of Health and Human Services*

Bed Bugs: Information and Resources



A close up of an adult bed bug

Bed bug reports are growing in the United States, even in Maine. This might be because:

- People are traveling more.
- Bugs, such as ants and roaches are controlled using baits.
- Fewer broad spectrum pesticides are used.
- Other bug bites are being mistaken for bed bug bites.

If you think you might have bed bugs, or are worried about getting bed bugs, this pamphlet can help you.



Bed bug bites on a person's arm



"Rust" blood stains left by bed bugs



A dog "sniffs out" bed bugs

IMPORTANT!

Bed bugs have **not** been shown to pass on any diseases to people.

What do bed bugs look like?

- Adult bed bugs are a little smaller than an apple seed.
- They are brownish red in color.
- Bed bugs are oval and flattened in shape.

Where do bed bugs live?

- During the day, bed bugs hide in dark places such as in cracks, behind baseboards and bed frames, in mattress seams, or in other hard to see areas.
- Bed bugs come out at night and often live in groups.
- They are good hitchhikers. They can travel on your luggage or clothing.
- Keeping your house clean will not stop bed bugs. They can live anywhere.
- Bed bugs can live in temperatures less than 45 degrees.

What do bed bugs eat?

- Bed bugs feed on blood and are full in 3 to 10 minutes.
- They can survive up to a year without a blood meal.
- Bed bugs prefer to feed on people, but will feed on other animals if people are not around.
- Bed bugs are not attracted to bait or traps left for ants or cockroaches.
- They can travel 5 to 20 feet each night to feed and will feed every night if they can.

What are the signs of bed bugs?

- Dried skins left behind when bed bugs "molt."
- Reddish-brown "rust" spots on sheets or mattress.
- Red, itchy welts on your body.
- Bed bugs may give off a musty, sweet smell.

IMPORTANT!

Many people think any unknown bug bite is a bed bug bite. **Proper identification is very important.**

IMPORTANT!

If you think you have bed bugs in your home, it is important to contact a pest management professional as soon as you can.

Where should I look for bed bugs?

- Carefully check mattress seams, bed frames, box springs, base boards, or other hiding places.
- Watch for crawling insects.
- Having a pest control expert or someone who knows what they look like identify the bed bugs. Some pest control companies even use dogs to "sniff out" bed bugs that may be hiding in a home.

How do I protect myself?

- If traveling, check your hotel room before bringing your luggage in.
- After traveling, inspect your luggage and clothing. Vacuum your luggage if you need to and wash and dry your clothing.
- Carefully check all used clothing and furniture before you bring it inside.