

Bed bugs do not spread disease, they do not fly, jump or chew.

They are attracted to the carbon dioxide from a person's breathing.

Bed bugs can be in the couch (or other furniture) if a person spends a significant amount of time there.

The itching from the bites is due to an allergic reaction.

Bed bugs are spread by:

- Crawling to a new location looking for a host.
- Being passively transported in clothing, backpacks or luggage.
- Re-use of infested furniture and bedding. (When discarding bed bug infested items, destroy them so they cannot be re-used.)



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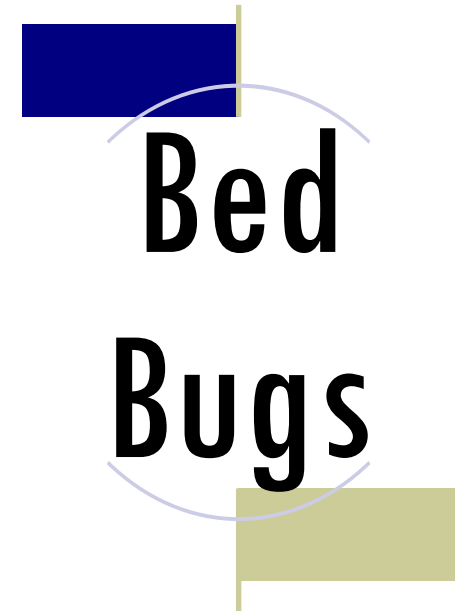
On The Web

<http://www.swuhealth.org/environmentalhealth.php>



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Bed Bugs are small, elusive, parasitic insects of the family Cimicidae. They live by feeding exclusively on the blood of humans and other warm-blooded animals.

How to spot a bed bug:

- Look for brownish black spots on your mattress, box springs, and the walls and furniture near your bed.
- Bed bug eggs are white and sticky and about 1/32 inch long.
- Baby bed bugs are nearly colorless
- Adult bed bugs are oval in shape (similar to an apple seed) and are brown red to dull red in color.

Bed bugs come out of hiding to eat every 2-3 days, they feed for 3-5 minutes after which they wander to a nearby area to digest their meal; after digesting they hide in tight fitting spaces.

In severe infestations bed bugs may be found behind baseboards, window and door casings, pictures and picture frames, in furniture, loosened wallpaper, cracks in plaster, etc.

The use of a pyrethroid-based aerosol sprayed lightly around these areas may help drive the insects out of their hiding places.

How to get rid of bed bugs:

- De-clutter your home; caulk cracks, and repair wall coverings to eliminate hiding and breeding places.
- Vacuum the mattress (especially the seams and tufts), box springs, bed frame, baseboards, and any furniture near the bed on a daily basis. Placing a dust mite resistant mattress-cover over the mattress and box springs will make the vacuuming easier (keep on for one year). Empty, change, or store the vacuum bag inside another container; vacuuming only removes the bed bugs, it does not kill them.

How to kill bed bugs:

- Put bedding and clothing in dryer on high for 20 –30 minutes.
- Place items in a plastic bag (don't stuff the bag – allow for air movement) and place in the hot sun all day.

Ways to keep bed bugs off the bed:

- Pull bed and adjacent furniture away from the wall.
- Put legs of bed in containers of mineral oil or place petroleum jelly on the legs.
- Keep bed sheets/bed ruffles off the floor.

Bed bug-specific insecticides can be used, however the insecticide must land directly on the bed bug for it to be effective since there is no residual effect; therefore you will want to also spray all cracks and crevices.

(Please read next section.)

READ THE LABEL BEFORE APPLYING ANY PESTICIDE

How to apply a spray

If an approved spray is applied to treat a bed:

- Spray the slats, springs and frame. Apply enough spray to wet thoroughly. Do not miss any crevices where bed bugs may hide.
- If a mattress must be treated, spray a light mist to the entire mattress, spread open seams, tufts and folds.

Remember: It is important to only use a spray labeled for application to mattresses when spraying chemicals on mattresses. Also, the material should be thoroughly dry before use.

This publication contains pesticide recommendations. Changes in pesticide regulations occur constantly and human errors are still possible.

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For more information visit



<http://www.slvhealth.org/programs/sanitation/Safety/pdf/utahStateBedBug.pdf>