

Be Alert, Be Aware, Bed Bugs Could be Anywhere!

Day-to-Day Prevention

- Bed bugs are excellent hitchhikers, so be extra careful when traveling.
- Change and wash bedding regularly.
- Do not bring second-hand furniture into your home unless you have thoroughly inspected and cleaned the items first.
- Reduce clutter.



Traveling Tips

- Inspect mattress and headboard with flashlight.
- Keep bags, luggage, and backpacks off the bed. Inspect and then use a luggage rack.
- Never place clothes, or jackets, on bed or couch. Do not store clothes in dresser.
- If you are concerned about exposure, after travel, seal all items in plastic bags until time for washing or treatment.
- Unpack clothes directly into washer / dryer.
- Inspect luggage closely with flashlight and magnifying glass for bed bugs upon returning home.



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Bed Bug Myths

Myth: You can't see a bed bug.

Reality: You should be able to see adult bed bugs, nymphs and eggs with your naked eye.

Myth: Bed bugs live in dirty places.

Reality: Bed bugs are not attracted to dirt and grime; they are attracted to warmth, blood and carbon dioxide. However, clutter offers more hiding spots.

Myth: Bed bugs transmit diseases.

Reality: There have been no cases or studies that indicate bed bugs transmit diseases between humans.

Myth: Bed bugs won't come out if the room is brightly lit.

Reality: While bed bugs prefer darkness, keeping the light on at night won't deter these pests from biting you.

Myth: Pesticide applications alone will easily eliminate bed bug infestations.

Reality: Bed bug control can only be maintained through a treatment strategy that includes a variety of techniques plus careful attention to monitoring. Proper use of pesticides may be part of the strategy, but will not by itself eliminate bed bugs. In addition, bed bug populations in different areas of the country have developed resistance to the ways many pesticides work to kill pests. If you're dealing with a resistant population, some products and application methods may not work. It is a good idea to consult a qualified pest management professional if you have bed bugs in your home.

Myth: EPA has funding available for people who need help with controlling bed bugs.

Reality: Unfortunately, EPA does not have funding available to help people with controlling bed bugs. Our roles in the bed bug issue are to: evaluate pesticides to ensure that when they are used according to label directions they are effective and will not harm people, non-target species or the environment, and work with other federal agencies to provide reliable information about bed bugs and their control.

www.epa.gov/bedbugs



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