



FACTS ABOUT BED BUGS

- Small, brownish and flattened insects with six legs
- Feed on human blood every five to ten days while people sleep
- Bed bugs can live for several months without feeding
- They do not live on people but can easily hitchhike to different locations on clothing, bedding, furniture and baggage
- They may also enter the homes by travelling along pipes and wirings
- Their infestation is difficult and expensive to control

WHAT TO DO IF YOU FIND BED BUGS IN YOUR BED?

1. Identify the insect with a trained professional, pest management professional or entomologist. If you are a tenant call the Health Department.

2. Move the bed 6 inches away from the wall at home to stop bed bugs from climbing.

3. Buy bed bug interceptors (or make them at home).

4. Put the feet of the bed into protective bed bug interceptors or use packing tape (sticky side out) wrapped around the bed legs to stop bed bugs from climbing.

5. Take the mattress and box spring out off the bed frame and put them into tight fitting bed bug encasements.

6. Carefully vacuum all cracks and crevices of the headboard, baseboard and frame.

7. Remove vacuum bag, put it into a large zip-lock plastic bag and dispose in trash. Repeat this step 8 days later.

8. Put mattress and box spring back on to the bed. Wash linens, and put into dryer for half-an-hour at high temperature.

9. Remake the beds and ensure covers do not touch the floor. Avoid hoarding items and cluttering in homes to prevent future bed bug infestation.



- **If you rent, notify the landlord about the bed bugs**
- **Do not self-treat the bed bugs with pesticides. Get professional help.**

STEP BY STEP INSTRUCTIONS FOR CREATING A BED BUG TRAP AT HOME ¹

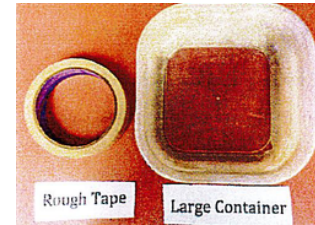
1. Cut four pieces of a rough-surfaced tape. The cut pieces should be at least as high as the wall of the smaller container.



2. Evenly space and firmly press the four pieces of tape vertically on the inside of the smaller container to connect the inner top edge with the container bottom.



3. Wrap the rough surfaced tape around the exterior side of the larger container so that the entire outer surface is covered from the base to the upper edge of the container.



4. Glue the smaller container onto the center of the bottom of the large container.



5. Make surfaces smooth so that bed bugs cannot escape, by applying car polish or talcum powder to the interior side of the larger and exterior side of smaller container.



6. Place a trap underneath each of its leg after moving the furniture piece away from the walls.



* Source: ¹ Benjamin A. Hottel, Rebecca W. Baldwin, Roberto M. Pereira, and Philip G. Koehler. How to make a bed bug interceptor trap out of common household items. Entomology and neonatology department/IFAS extension.

TAKING CARE OF BED BUG BITES

- Generally, bed bug bites do not transmit disease
- Bite site may have minor skin irritation that can develop into raised, itchy welts
- Itch may lead to excessive scratching, which can increase risk of secondary skin infection

- Severe allergic reactions may need immediate medical attention
- There is also increased stress caused by skin irritations and loss of sleep
- To reduce the itch hydrocortisone cream may be used



Call your provider if:

- Bite looks infected.
- Large red bumps at the bite sites last for more than a week.
- If you think the rash is getting worse.

- If you are a tenant, call the Health Department at: 203-348-3903 for more information
- For more information visit: <https://portal.ct.gov/caes/publications/publications/connecticut-coalition-against-bed-bugs-ccabb-bed-bug-information>

RESOURCES AND REFERENCES

1. Benjamin A. Hottel, Rebecca W. Baldwin, Roberto M Pereira, and Philip G. Koehler. How to Make a bed bug interceptor trap out of Common Household Items. Entomology and Neonatology department. University of Florida/IFAS Extension. ENY-2029. <https://ask.ifas.ufl.edu/publication/IN1022>
2. The Connecticut Agricultural Experimental Station. Connecticut Coalition against bed bugs. First steps to manage bed bugs in and around the bed. <https://ehs.yale.edu/sites/default/files/files/bed-bugs-first-steps.pdf>
3. CDC. Bedbugs. <https://www.cdc.gov/bed-bugs/about/index.html>