



Understanding Bedbugs

What Are Bedbugs?

The tiny, reddish-brown bedbug (*Cimex lectularius*) feeds on the blood of both people and animals. When completely mature, they have an oval, flat appearance and resemble an apple seed. Although they are not known to spread illness, their bites can result in allergic reactions, discomfort, and itching.

Signs of Bedbug Infestation

- **Bite Marks:** On exposed skin, bedbug bites can manifest as itchy, red welts. The itching might be intense, and they might be arranged in a line or zigzag pattern.
- **Blood Stains:** Crushed bedbugs or their excrement can leave behind tiny, reddish-brown stains on your mattress or bed linens.
- Bedbugs are tiny insects, with adults being the size of an apple seed and their juveniles being smaller and translucent.

Where can they be found?

- Beds and mattresses, furniture, and other places where people sleep or spend a lot of time
- Drapes and Curtains
- Bed Supports
- Transportation in Public
- Accommodations: Hotels, Hostels, and Rooms





Keeping Bedbug Infestations at Bay

At Home:

- **Conduct Routine Inspections:** Look for indications of bedbug activity on your mattress, bed frame, and furnishings.
- **Reduce Clutter:** Since bedbugs like to hide in clutter, declutter your living areas.
- **Seal Entry Points:** To stop them from entering your home, seal any gaps and cracks.
- **Avoid Buying old Furniture:** If you must purchase old furniture, make sure to give it a thorough inspection.



When Traveling:

- **Evaluate Your Lodging:** Look for bite marks, bloodstains, or little insects as indicators of bedbug activity in your rental home or hotel room.
- **Keep Your Baggage Elevated:** Use a baggage rack to keep your bags off the ground.
- **Laundry and Inspection:** After your trip, wash your clothes in hot water and look over your luggage to make sure nothing is missing.





Bedbug Control

If you think there may be a bedbug infestation, think about doing the following:

- Separate the Infected Items: Stuff contaminated bedding and clothes into airtight plastic bags.
- Sterilize and Allow to Air Dry: Temperatures above 120°F (49°C) kill bedbugs.
- Speak with an Expert: Treating a bedbug infestation yourself can be difficult; think about working with a pest control professional.
- Avoid Using Pesticides: Steer clear of using pesticides without expert advice.

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Sources:

<https://www.cdc.gov/parasites/bedbugs/faqs.html>

<https://www.webmd.com/skin-problems-and-treatments/bedbugs-infestation>

<https://www.nhs.uk/conditions/bedbugs/>

How do I treat bedbug bites?

Bites from bed bugs typically don't present a significant risk to health. Treating a bite in the optimal manner is:

- Applying a cool substance, such as a moist cloth, to the affected area to lessen swelling and irritation
- Do not itch the area.
- Use antiseptic lotions.
- Use an antihistamine.



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