



City known as the City of GREENFIELD, MASSACHUSETTS

GREENFIELD HEALTH DEPARTMENT

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Public Health
Prevent. Promote. Protect.

Bed Bugs: Facts and Checklist

Potential signs of a Bed Bug Infestation:

- Rust-colored smears, shed bed bug skin, egg shells, and live bed bugs on bed sheets, pillowcases, and mattresses
- Small, itchy red bumps on your skin from bed bug bites
- A sweet musty odor

Ways to minimize the chances of Bed Bugs in the home:

- Do not collect used furniture, especially mattresses or box springs.
- Inspect rented furniture carefully before accepting it into your home.
- When travelling, check motel/hotel rooms before unpacking or sleeping.
- De-clutter, an uncluttered home is much easier to monitor and remediate.
- Buy a bed bug mattress and/ or box spring cover.

Health risks posed by Bed Bugs:

Bed bugs are not known to carry any diseases, but as blood-sucking ectoparasites that attach themselves to the outside of human skin to feed on human blood, bite responses can range from an absence of any physical signs of the bite, to a serious allergic reaction.

Bed Bugs

QUICK STATS:

- **Color:**
Mahogany to red-brown
- **Shape:**
Flat, broad oval when unfed; swollen and elongated when fed
- ▮ **Size:**
¼ inch long
- **Region:**
Found throughout the U.S. and the world



Do It Yourself: Bed Bugs Inspection Checklist

- Use a flashlight and magnified glass, if necessary, to inspect for potential signs of bed bugs.
- Remove all bedding, check seams and tags of mattress and box spring thoroughly.
- Examine cracks and crevices in bed frame and head board.
- Examine pillows, blankets and curtains.
- Examine bedroom furniture such as nightstands, dressers, and upholstered furniture.
- Examine floors, baseboards, trim work, loose wall paper and edge of wall-to-wall carpeting.
- Examine other common areas such as wall-mounted picture frames, mirrors, switch plates, outlets, inside clocks, phones and smoke detectors.
- Examine clothing in closet, and under/inside storage boxes.
- If you find a bed bug place it in a sealed bag this will allow for a quick and positive identification.

FAQ about Bed Bugs:

Where are bed bugs usually found?

Bed bug infestations usually occur around or near the areas where people sleep. These areas include apartments, shelters, rooming houses, hotels, cruise ships, buses, trains, and dorm rooms. They hide during the day in places such as seams of mattresses, box springs, bed frames, headboards, dresser tables, inside cracks or crevices, behind wallpaper, or any other clutter or objects around a bed.

How do I know if I've been bitten by a bed bug?

It is hard to tell if you've been bitten by a bed bug unless you find bed bugs or signs of infestation. When bed bugs bite, they inject an anesthetic and an anticoagulant that prevents a person from realizing they are being bitten. Most people do not realize they have been bitten until bite marks appear anywhere from one to several days after the initial bite. The bite marks are similar to that of a mosquito or a flea -- a slightly swollen and red area that may itch and be irritating.

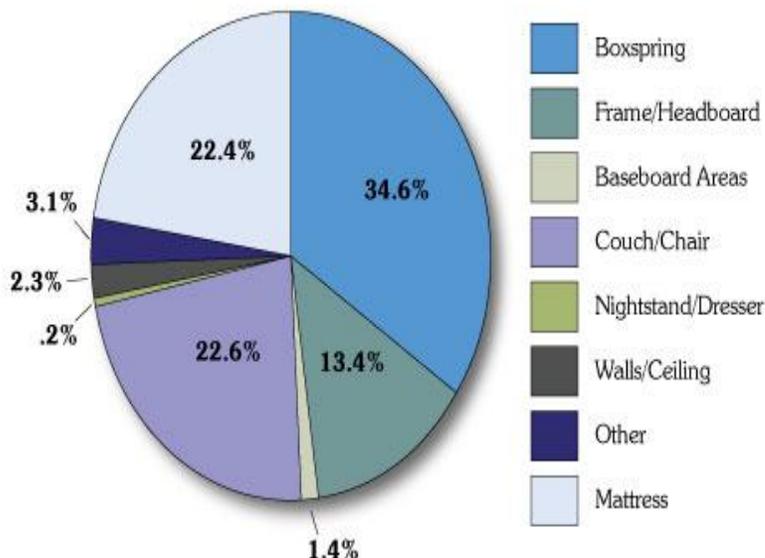
Who is at risk for getting bed bugs?

Everyone is at risk for getting bed bugs when visiting an infected area. However, anyone who travels frequently and shares living and sleeping quarters where other people have previously slept has a higher risk of being bitten and or spreading a bed bug infestation.

How are bed bugs treated and prevented?

Bed bug bites usually do not pose a serious medical threat. The best way to treat a bite is to avoid scratching the area and apply antiseptic creams or lotions and take an antihistamine. Bed bug infestations are commonly treated by insecticide spraying. If you suspect that you have an infestation, contact your landlord or professional pest control company that is experienced with treating bed bugs. The best way to prevent bed bugs is regular inspection for the signs of an infestation.

BED BUG HIDING SPOTS



Signs of Bed Bugs

