

If your home shares walls with your neighbors and you're worried they might have bed bugs:

- Zip mattresses and box springs into special bed bug proof mattress covers.



- Buy "Climb Up Interceptor" traps to keep bed bugs off furniture. Or make traps by putting bed and sofa legs in plastic containers with a little talcum powder in the bottom. Clean and replace talcum powder each month.

- Move beds and sofas away from walls.
- Keep bedding from touching the floor and walls to keep bed bugs off beds.
- Use a flashlight to check for bed bug markings in their hiding places each week.



Think you have bed bugs in your home?

- If you rent your home, tell your landlord right away.
- If you own your home, call a licensed exterminator who has treated bed bugs before.
- **Don't use bug spray, bug bombs or other pesticides.** They don't work well and could be bad for your health.
- Don't throw away your beds, mattresses or other furniture. Often they can be treated.
- **Moving may not get rid of your bed bug problem.** Before moving, learn how to leave the bed bugs behind.



For questions call 919-250-4462 or visit these websites:

www.wakegov.com

www.ncagr.gov

Type "bed bugs" in the search box

2/17

KEEP Bed Bugs OUT of Your Home!



Bed bugs and their markings



Adult bed bug



Bed bug markings



Bed bug bites



Eggs

Bed bugs and their markings



Bed bugs and their markings on bedding

Places bed bugs like to hide:

- On, in and under box springs and mattresses
- Behind headboards, in bed frames and night tables
- Under sofa and recliner cushions and frames
- Behind pictures, outlets and baseboards

Be careful!

- Don't pick up "free" furniture found on the street or near dumpsters.
- Use a flashlight to check for bed bugs before you buy or rent used furniture.
- Dry all used cloth items you buy or get from others on the highest heat setting for 30 minutes before bringing them into your home.
- Check for bed bugs before you rent an apartment. Ask the landlord about bed bug problems and what will happen if bed bugs are found.



Photos courtesy of M. Potter, R. Santangelo, M. Bertone, B. Guénard, J. Kim, C. Piedrahita and D. Giandomenico

When staying in motels and hotels.....

- Use a flashlight to check the bed for bed bugs. Ask for another room if you see any signs of bed bugs.
- Keep luggage, bags and clothes off the floor and beds. Put them in the bathroom.
- Dry all clothing for 30 minutes on the highest heat setting when you return home.
- Keep suitcases in sealed plastic bags or in the garage when not in use. Pack and unpack away from the bedroom.



Things you should do at home.....



- Use a flashlight to check for bed bug markings in their hiding places every week.
- Keep your home picked up so bed bugs won't have so many places to hide.
- Avoid clutter! Get rid of things you don't use.
- Don't store anything under beds.
- Wash and dry sheets on the highest heat setting.
- Keep your home repaired. Fill cracks and crevices in walls, ceilings and floors. Paint areas that are starting to peel or chip. Glue down wall paper.

Adapted from a Wake County Human Services brochure in collaboration with the North Carolina Department of Agriculture and Consumer Services

