

How to avoid BED BUGS



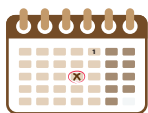
What are bed bugs?

Bedbugs are small insects without wings. They come out at night to feed on the blood of people and animals.

How do you get bed bugs?

Bed bugs prefer hiding near beds and sleeping areas to feed regularly, and can easily spread by hitching rides in clothes, bags, or used furniture.

How do you know if you have them?



Bedbug bites may take up to 14 days to appear.



Bites are often found on the face, neck, arms, legs, and chest.



Don't scratch — keep clean.



Use antiseptic cream, lotions or antihistamines.

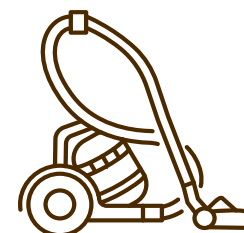


Talk to your healthcare provider for advice.

What to do if you get bed bugs?

Vacuum Thoroughly

- Vacuum your room, furniture, bed frame, and headboard (especially seams and cracks).
- Seal vacuum bag contents in a plastic bag and throw it in an outdoor bin.

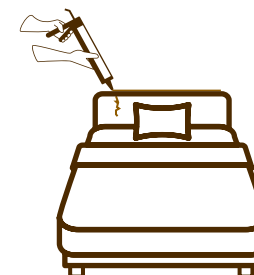


Wash and Heat-Dry

- Wash bedding, pillows, clothes, and infested items in hot water.
- Dry on high heat for at least 30 minutes.

Prep Your Bed

- Move your bed away from walls and curtains.
- Seal cracks in the bed frame with caulking.
- Use a zippered bed bug mattress and box spring covers.
- Don't use bed skirts; tuck in blankets so they don't touch the floor.



Block Their Path

- Apply petroleum jelly to bed legs and reapply as needed.
- Add diatomaceous earth traps to bedframe support legs and refill them regularly.