

BED BUG FACT SHEET

The United States is one of many countries now experiencing resurgence in the population of bed bugs. Though the exact cause is not known, experts suspect the resurgence is associated with increased resistance of bed bugs to available pesticides, greater international and domestic travel, and a lack of knowledge regarding control of bed bugs due to their prolonged absence as a household pest.

WHAT ARE BED BUGS?

Bed bugs are small, reddish-brown wingless insects that feed on human blood during the night. They are about the size of a lady bug or an apple seed. Bed bugs do not fly; they either crawl or are carried from place to place in a person's belongings. Before a bed bug feeds on blood, its body looks flat with a circular abdomen; however, after it has fed, the body gets longer and narrower. Bed bugs can survive for months without a blood meal.



Bed Bug on Finger

DO BED BUGS AFFECT HUMANS?

Bed bugs feed at night when people are sleeping. The bite of a bed bug is usually painless, and a person may not even know that they have been bitten until a large itchy welt appears on their skin several days later. Some people do not react to bed bug bites. While these bites may be a nuisance, bed bugs do not transmit disease to humans.



Adult Bed Bug

WHERE DO BED BUGS LIVE?

Bed bugs are most commonly found in sleeping areas including beds and bedroom furniture, mattresses, and linens. Bed bugs may also be found in the cracks and crevices of bed frames, dressers, upholstered furniture, or loosened wall paper.



Bed Bug Shells on Mattress

SIGNS OF BED BUGS INCLUDE:

- Empty bed bug skins
- Blood spots or stains on bedding, mattresses, furniture or walls.

GETTING RID OF BED BUGS:

Washing clothing and bedding in hot water will kill bed bugs on those items. The California Department of Public Health (CDPH) recommends hiring a licensed pest control operator to get rid of bed bugs in the room or building where they are found.



Bed Bug Bites

WHERE CAN I GET MORE INFORMATION?

- Vector-Borne Disease Section at CDPH:
www.cdph.ca.gov/Programs/CID/DCDC/Pages/VBDS.aspx
- Centers for Disease Control and Prevention:
www.cdc.gov/nceh/ehs/Publications/Bed_Bugs_CDC-EPA_Statement.htm