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# ENVIRONMENTAL HEALTH

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City and County of San Francisco Department of Public Health

## DO YOU HAVE BED BUGS?

### WHAT ARE BED BUGS ?

They are parasitic insects that feed on the blood of humans, pets, birds and other animals.

#### Appearance



- About ¼ inch long and 1/8 inch wide.
- Flat brown body with 6 legs and no wings. (round and red after feeding)
- Bed bug eggs are white and ~ 1/32 inch long.

### HOW DO I KNOW IF I HAVE BED BUGS?

- Itchy welts on the skin or other reactions to the bites.  
\*Some people show no reaction.
- Live bugs in the bed mattress folds, box spring coils and frame.
- Blood spots on mattress and bed sheets.
- Brown or black excrement spots on mattress and bed sheets.
- Distinctive sweet odor.

### HOW DO BED BUGS GET INTO MY BUILDING?

- Bed bugs travel from infested areas to non-infested areas on clothing, in luggage, in furniture or bedding. They also travel through water pipes, wall voids and ducts.

## **CAN I SEE THEM, WHERE DO I LOOK?**

- In EARLY INFESTATIONS they don't travel far from the host. They are found in the tufts, seams and folds of mattresses.
- In MODERATE INFESTATIONS they spread to box springs and cracks and crevices of bed frames.
- In SEVERE INFESTATIONS they are found in cracks of floorboards, behind wall paper, window and door casings, moldings, cracks in plaster and partitions  
  
in picture frames, in couches, stuffed chairs, clothing and even seams of curtains; wherever a dark crack or crevice exists.

## **HOW DO I GET RID OF BED BUGS?**

- Seal all sheets, blankets and pillow cases in a plastic bag before removing them from the room to avoid spreading the infestation to other areas.
- Wash all bedding with hot water and dry on the hottest setting.
- Treat mattresses with a light mist of bed bug specific insecticide on seams, folds, buttons and torn areas. Allow the mattress to dry before placing bed sheets.
- **Do Not** spray linen.
- **Do Not** treat infant's mattresses or bedding.
- Vacuum cracks and crevices and other hiding spaces in walls, floors and furniture where adult bed bugs or eggs can be found.
- Eggs are not affected by insecticides, so repeat the insecticide application 2-3 times (every 10 days) to remove post-treatment hatchlings.
- A licensed pest control Company is recommended for insecticide applications