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## Travel Precautions

- Inspect room before settling in, especially bed and headboard.
- Place luggage racks away from wall.
- Keep luggage closed.
- Do not unpack clothes.
- Place hanging items on shower rail.
- Once home, unpack outside and take laundry to washer and dryer for immediate cleaning.
- When possible, use hard luggage.
- Launder on highest temperature for wash and drying.



## Resources:

### For General Information:

[www.ct.gov/caes](http://www.ct.gov/caes)

[www.ccthd.org](http://www.ccthd.org)

### For Identification of Specimens:

Connecticut Agricultural  
Experiment Station

New Haven, CT

(203) 974-8600

Windsor (860) 683-4977

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# WHAT YOU NEED TO KNOW ABOUT BED BUGS

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Central Office: 505 Silas Deane Highway, Wethersfield, CT 06109  
Phone (860) 721-2822 Fax (860) 721-2823

Berlin: 240 Kensington Road, Berlin, CT 06037  
Phone (860) 828-7017 Fax (860) 828-9248

Newington: 131 Cedar Street, Newington, CT 06111  
Phone (860) 665-8586 Fax (860) 665-8533

Rocky Hill: 761 Old Main Street, Rocky Hill, CT 06067  
Phone (860) 258-2770 Fax (860) 258-2767

## Preventing Bed Bugs

- Never bring items home that were found on the street.
- Keep in mind that bed bugs may be found on rental furniture, items from self storage facilities, used furniture, delivery trucks, and belongings of visitors



## What is a Bed Bug?

**Bed bugs** are in the family Cimicidae. They usually feed on warm blooded animals. The insect's preferred habitat is houses, especially beds or other areas where people sleep. Bedbugs are mainly active at night and often feed unnoticed on their hosts. They are temporary ecto-parasites in that they commute between the host for food and a retreat(refuge) where they hide.

## What to Do if You Suspect Bed Bugs

**1. Inspect:** Interview residents regarding their living patterns. Note where they sleep and sit for extended periods of time.

- Use a flash light and magnification tools. Pay close attention to all potential harborage sites including head boards, mattresses and frames, nightstands, dressers, wall sconces, books, magazines, baseboards, electric plates and other furniture. Also inspect other rooms or spaces such as closets.
- Start with the bed from top down. Look for blood stains (bed bug fecal spotting), bed bugs, eggs, and cast skins. Inspect mattress seams, tufts, and box springs.
- Inspect the next probable room, if the complaining person sits in a particular chair, or couch check thoroughly as well as the sleeping quarters.
- If bed bugs are found in a unit of a multiunit building, inspect all surrounding units.
- Have an expert identify any found bugs, i.e. Connecticut Agricultural Station (203-974-8600)
- The hardest inspection is a unit with very low 1 or 2 bed bugs or none at all.

**2. Prepare:** Never treat for bedbugs without professional help. Careful cleaning will make control efforts more effective. Good preparation of a unit/home directly influences the number of extermination service calls required. Faithfully

follow the cleaning and preparation instructions given by your pest management professional. A list of bed bug professional can be found at [www.cpaonline.net](http://www.cpaonline.net)

- Prior to extermination, all bedding should be stripped down to bare sleeping surfaces. Place all bedding, sheets, and comforters in a large plastic bag and launder in hot water and dry on the highest heat. Place in new plastic bags and tie closed.
- Launder all clothing, stuffed animals, curtains, towels in hot water and dry on the highest heat. Place in new plastic bag and tie closed.
- Discard all clutter from living space. Seal items you wish to keep in plastic bags or air-tight bins for 1 year.
- Consider using a pest management designed vacuum with hepa filters that has a crack and crevice attachment to remove some but not all bed bugs from deep harborage. Dispose of the vacuum bag in a plastic trash bag after use.
- Pull beds 6 inches away from any wall.
- Mattresses and box springs should be removed from frames and placed up against the wall prior to application of insecticide.
- Immediately after the first insecticide application mattresses, pillows and boxes springs should be put into tight fitting zippered vinyl encasements made for bed bug managements. Leave in place for 1 year.



## 3. Treat:

- Insecticide applications must be done by a licensed Pest Management Professional (PMP). Treatments usually require several applications. Consult with the DEP Pesticide Management Division for bed bug registered pesticides (860-424-3328). Always do a background check on selected company before signing a contract for service.
- Heat treatment which involves heating a unit/home to 120°F degrees to kill bed bugs, must be done by a professional.
- Trained nationally certified bed bug dogs may be used to detect bed bugs especially with small hard to find populations.

## 4. Monitor:

- Put bed legs into insect interceptors (e.g. ClimbUp ®) or wrap legs with packing tape sticky side out.
- Place mattress, boxes springs, and pillows in tight fitting vinyl encasements.
- Move bed 6 inches from the wall
- Launder linens in hot water and dry at highest heat setting.
- Never let linens or covers touch the floor when sleeping because bed bugs may use these as an alternate route to reach you.



Bed bug life cycle: egg, nymph, and adult (courtesy of Dr. Mike Potter, University of Kentucky)