

Bed Bug Fact Sheet

What are bed bugs?

Bed bugs are small, reddish-brown insects that are about the size of an apple seed. Bed bugs hide in the cracks and crevices of beds, box springs, headboards, bed frames and any other objects around a bed. The risk of encountering bed bugs increases if you spend time in places with high turnovers of nighttime guests - such as hotels, hospitals or homeless shelters. Bed bugs are not socio-economically biased. They live indoors and feed only on blood. The Media has covered bed bugs in libraries and local recreation centers.



Fact vs. Myth

Myth: Seeing a bedbug means there is an infestation

Fact: Bedbugs are introduced to a public building from residences – a bed bug introduction does not mean an infestation

Myth: Bed bugs carry diseases

Fact: Bed bugs do not transmit disease

Myth: Any insecticide will kill bed bugs

Fact: Pesticides and other treatments are effective against pests, but are not necessarily effective against bed bugs

Myth: Bed bugs will jump on me if I am near them

Fact: Bed bugs cannot jump, it takes them about 5 minutes to cover 14 feet

Myth: You can't see bed bugs

Fact: Adults are approximately ¼ inch and easy to spot. New instars are harder to see at only 1 mm- 2 mm

Treatment

The most effective treatment is the application of pesticides, best done by a professional exterminator. A list of local exterminators is printed on back. Nonchemical treatments you can try include:

- **Vacuuming.** A thorough vacuuming of cracks and crevices can physically remove bed bugs from an area. Empty the vacuum after each use.
- **Laundering.** Washing and drying items in a dryer on high setting will kill bed bugs in clothing or linens.
- **Freezing.** Bed bugs are also vulnerable to temperatures below 32°F (0°C), but you'd need to leave the items outdoors or in the freezer for several days.

Bed bugs exposed to 113°F will die if they receive constant exposure to that temperature for 90 minutes or more. However, they will die within 20 minutes if exposed to 118°F. Interestingly, bed bug eggs must be exposed to 118°F for 90 minutes to reach 100% mortality.

Note: the library does not endorse or recommend specific means of bed bug removal. The list below is just a suggestion.



Exterminators

1. Arrow Pest Control (Plymouth, IN) 800-334-9955
2. Combs Pest Control (La Porte, IN) 219-380-9000
3. Enviro-Guard Inc. (Bremen, IN) 574-784-7980
4. Husband Exterminators (Plymouth, IN) 574-936-7879
5. Mattes Exterminating (Knox, IN) 574-772-7275
6. Affordable Bio Control (La Porte, IN) 219-608-4286
7. Orkin Pest & Termite Control (South Bend, IN) 877-688-7831