

What is a bed bug?

- Two species of bed bugs feed on humans
 - Common bed bug *Cimex lectularius* L.
 - Tropical bed bug *Cimex hemipterus* Fabr.
- Blood feeders on humans and pets
- Adults are apple seed in size, nymphs and eggs are much smaller
- Brown colored, flat, oval, with six legs and two antennae. They do not fly (no wings) or jump
- They feed at night and hide by day
- Development 5 to 8 weeks from egg to adult

Do you have bed bugs?

- Unexplained, often itchy red spots appearing on skin usually in rows or clusters (skin reactions may be more severe). Drugs, medical, mental conditions, and allergies may mimic insect feeding
- Look for scattered brown spots on bed linen and/or mattress seams, or favorite seats
- Look for small oval brown insects on beds or chairs
- Get expert to identify insects if found; carpet beetles, fleas, ticks, and small cockroaches can be mistaken for bed bugs

What to do if you have bed bugs

- Don't panic; feelings of violation, disgust and stigma are common
- If bed bugs are confirmed, tenants should notify landlords; property owners should contact pest control professionals with experience. Delays in treatment can make control harder
 - Self treatments don't work
- Cooperate with your service professional. This may mean cleaning (clutter) ahead of treatment
- Educate yourself. Be careful surfing the web. University ("edu") and government sites are preferable, because information has been reviewed

Bed protection during infestation

- Move bed 4"-6" away from wall
- Put bed feet into insect interceptors or wrap legs with packing tape, sticky side out
- Put mattress and box spring in encasements
- Vacuum cracks of bed (not a perfect remedy, but it will offer some relief)
- Wash linen, remake bed; have nothing touch the floor

Identifying bed bugs

Photos enlarged, not actual size

Bed bugs with a pin



Female (left), male (right)



Nymphs



Bed bug (top) carpet beetle larva (bottom)
Correct identification is important



Bed bugs actual size

Preventing bed bugs

Bed bugs may be found on:

- Discarded furniture, beds, appliances or other abandoned articles. Never bring home items found on the street
- Purchased used furniture, TV's, linens, cloths, boxes etc.
- Items from self-storage facilities
- Rental furniture
- Items carried by rental, moving or delivery trucks
- Belongings of visitors, friends, or family members who have traveled or stayed in long-term care, hostels, universities, colleges, cruise ships etc.
- Used gifted items from friends or family
- Also, self infesting by bed bugs themselves, moving from room to room, apartment to apartment

Travel precautions

When you travel:

- Select hot drier and wash tolerant travel clothes
- Use hard smooth luggage over fabric luggage
- Pack plastic bags to seal purchases and/or items that may have become infested
- At destination, inspect bed area for bed bug signs on headboards, mattress seams, adjacent furniture, and objects near to the bed
- At destination, keep luggage off floors and beds, place them on high luggage racks
- Do not unpack clothes
- Always keep luggage closed
- Place hanging items on shower rail
- Keep shoes away from bed
- Before checking out, seal suspicious items in plastic bags
- On arriving home, unpack materials outside residence and take laundry etc. directly to washer and/or drier for immediate cleaning
- Delicate items or objects can be frozen in a freezer for 5 days to kill all stages of bed bugs

Resources

Local health departments

https://www.han.ct.gov/local_health/localmap.asp

Connecticut Department of Public Health, local health administration

Hartford, CT (860) 509-7660

webmaster.dph@ct.gov (please write bed bug in the subject box)

Identification with specimens

Connecticut Agricultural Experiment Station

New Haven, CT (203) 974-8600

Windsor, CT (860) 683-4977

E-mail: gale.ridge@ct.gov (please write bed bug in the subject box)

University of Connecticut Cooperative Extension Services, Statewide

Enforcement, Certification

DEP pesticide management division

Hartford CT (860) 424-3369

E-mail: diane.jorsey@ct.gov (please write bed bug in the subject box)

Legal

State of Connecticut Division of Criminal Justice Housing Session

New Haven, (203) 773-6755

Bridgeport, (203) 579-7237

Hartford,, (860) 756-7810

New London, (860) 443-8444

E-mail: judith.dicine@po.state.ct.us (please write bed bug in the subject box)

The Connecticut Agricultural Experiment Station (CAES) prohibits discrimination in all of its programs and activities on the basis of race, color, ancestry, national origin, sex, religious creed, age, political beliefs, sexual orientation, criminal conviction record, genetic information, learning disability, present or past history of mental disorder, mental retardation or physical disability including but not limited to blindness, or marital or family status.

Dr. Gale E. Ridge
Connecticut Agricultural Experiment Station
123 Huntington Street, P. O. Box 1106
New Haven, CT 06504-1106



Connecticut Coalition Against Bed Bugs

Connecticut Agricultural Experiment Station

123 Huntington Street, P. O. Box 1106

New Haven, CT 06504-1106

Tel: (203) 974-8600 (insect inquiries)

Bed Bugs

How to deal with them

Gale E. Ridge PhD



Photo: Mr. Michael Vasil

CCABB web address

WWW.CT.GOV/CAES