

Bedbug Prevention

Use caution when purchasing second hand items, such as clothes or furniture. You should inspect them carefully before bringing them into you home.

At hotels, inspect your mattress seams. Always use the luggage rack to keep your belongings off the floor.

After returning from a trip wash all items in hot water and clean your luggage with a firm bristle brush and vacuum out thoroughly.

While cleanliness is not associated with bedbugs, clutter does interfere with bedbug detection and treatment. It is recommended to reduce clutter in your home.

Once bedbugs are in a building they do spread from room to room or apartment to apartment through the walls. If a problem is found in one area, check all surrounding rooms for bedbugs.

Don't Bring the Problem With You

If you are moving to a bedbug free location use caution as to not bring them with you. Inspect all items carefully. Bag up and wash all belongings in hot water and dry on high heat before moving in.

If you need to dispose of infested items, bag up and/or destroy the items so other people will not take them from the trash.

For Additional Information Contact



Stark County Health Department

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The Facts About Bedbugs

Prevention, Treatment and Control



Stark County Health Department
Protecting Health Since 1920



What Are Bedbugs?

Bedbugs are small wingless insects that feed on the blood of warm-blooded mammals, including humans.

Young bedbugs are about the size of a poppy seed and adults are about the



size of an apple seed. Their color will vary from nearly white, just

after molting, to a deep brown, after feeding. Bedbugs are nocturnal, so they come out at night to feed.

Bedbugs are not associated with dirty living conditions. Yet, they are more likely found in areas where people move frequently, such as apartments, hotels, dorms, etc.

Why are bedbugs resurging?

Bedbugs were all but eradicated from the US after World War II, with the use of the pesticide DDT. The US banned DDT in the 1970s.

The changes to our pest control practices, as well as increased international travel has led to the current rise of bedbugs.

Where do they hide?

They prefer to be close to their food source, near your bed. When looking for bedbugs check the following locations:

- In the mattress and box spring
- In the cracks of the bed frame
- Behind the headboard
- Behind molding and baseboard
- Behind electrical outlet covers
- Inside nightstands and dressers
- Behind wall hangings

Signs of bedbugs

Look for live bedbugs. Also, look for blood stains on your sheets or on the mattress. You may find the whitish shed



exoskeletons from their molt. These are all signs of an infestation.

Are bedbugs a health concern?

Bedbugs may cause some people to develop a rash from the bites. This is an allergic reaction caused by the anticoagulant they injected while they feed. A Staph or MRSA infection can develop from the bites. Also, chemical control of bedbugs may lead to pesticide overexposure.

Treatment Options

Clear Clutter—bedbugs are not associated with unclean conditions, but in areas with clutter, it will be difficult to monitor and treat.

Vacuum— the mattress, carpet, etc. This will help control the number, but can not reach the bugs in hiding. Dispose of the vacuumed contents into a sealed plastic bag.

Hot Water— Wash all items in 120°F water.

High Heat—Dry all belongings on the high heat cycle to kill the bugs and eggs.

Steam Clean—Carpets and furniture to kill the bugs and eggs

Fill in Cracks— along the floors, baseboards, walls and molding

[Contact a Licensed Pest Control Operator for additional treatment options.](#)

Bedbug Facts

One pregnant female bedbug can start an infestation.

Bedbugs can live for months without a blood meal.

Their lifespan is 12-18 months.

Bedbug eggs are very sticky and difficult to remove making them great hitchhikers.

One female bedbug can lay over 500 eggs per lifetime.