



# Bed Bugs

## What are bed bugs?

Bed bugs are small, oval-shaped, brownish/reddish parasites. Their bites resemble those of fleas or ticks. Some individuals have an allergic reaction to the bites resulting extreme itching. Medical treatment may be necessary.

It is important to remember that no transmission of human disease has been linked to bed bugs and as such are not technically a public health hazard; they are a nuisance pest only.

## How to eliminate bed bugs

1. Locate all possible places that the bed bugs might be hiding. Bed bugs can be found:
  - In crevices
  - Under, inside and behind all furniture
  - In seams and around piping on mattresses
  - On walls, pictures, curtains, and mirrors
  - On clothing, luggage, and in closets
2. Thoroughly clean everything in the room
  - Steam vacuum the room completely
  - Wash sheets and pillow cases immediately in hot water at or above 97 degrees Fahrenheit
  - Throw away infested furniture especially mattresses and sofas
3. Work with a licensed professional exterminator to thoroughly treat all places where the bed bugs inhabit:
  - Help to clean out and take apart furniture
  - Remove drawers from desks and dressers
  - Eliminate clutter to limit hiding places

## How to prevent bed bugs

1. Change bed linens at least once a week, and wash in hot water even if unused
2. Cover clean mattresses with a zipper mattress cover designed to keep out bedbugs
3. Seal all holes in floors and walls
4. Seal all wooden bed bases
5. Employ the REGULAR services of a professional licensed pesticide applicator

*For further information, contact a licensed pesticide applicator, the Oklahoma Department of Agriculture Food & Forestry (405) 521-3864, or the Oklahoma Cooperative Extension Service (405) 744-5000*

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## Additional Facts

- Bed bugs can live up to 18 months without a meal
- Bites resemble flea and mosquito bites
- Bed Bugs do not feed on ant and cockroach baits
- Bed Bugs leave blood stains on sheets
- Female bed bugs can lay up to 12 eggs per day and 500 in a lifetime



**with meal**



**without meal**

## Extension Services Fact Sheets:

- Preventing Bed Bugs  
<http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-9293/T-4420web.pdf>
- Choosing a Pest Management Professional for Bed Bug Control  
<http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-9297/EPP-7332web.pdf>
- Help! I Think I Have Bed Bugs  
<http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-9291/T-4419web.pdf>

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