

**SO WHAT SHOULD I DO?**

***PRIOR TO MOVING TO AN-  
OTHER ROOM:***

- Wash bedding and garments in hot (120° F) water.
- Put clothing in a dryer on high setting for at least five minutes to kill bed bugs.
- Inspect any furniture being brought into your home or furniture in new room for bed bugs.
- Reduce the amount of clutter to achieve a good treatment and eliminate hiding places.
- Vacuum mattresses , box springs and carpets, dispose vacuumed contents in a sealed plastic bag.
- Cover mattress and box spring with plastic covers.
- When returning from a trip inspect your luggage and clothes for bed bugs.



**HOW CAN I GET RID OF BED BUGS?**



**Report your findings to the Barracks/  
Berthing Petty Officer and/or call the  
Environmental Health Department at  
the Naval Medical Center San Diego,  
Monday-Friday, 0730-1530: 619-532-  
9223 , or after hours, Monday-Friday  
at 1530-1900 or Sat/Sun at 0800-  
1530: 619-453-6404.**

**WHAT YOU NEED  
TO KNOW ABOUT  
BEDBUGS**



**ENVIRONMENTAL HEALTH  
DEPARTMENT  
619-532-9223**

# ☰ BED BUGS ARE BACK!!

You have probably heard the old saying, **"Sleep tight don't let the bed bugs bite"**, well; bed bugs have made a big comeback in the U.S. Their name comes from their tendency to live between mattresses and feed on the occupants at night. Bed bugs do not fly or jump, but move quickly over floors, walls, ceilings, and furniture.

Bed bugs are wingless, approximately ¼ inch in length with a flattened oval shape and rusty brown in color.



Female bed bugs lay up to five eggs a day and five hundred during a lifetime.

A bed bug can live up to 18 months without a blood meal and the adults normally live about 10 months. Since bed bugs are only active at night, any daytime sightings may indicate a heavy infestation.



## WHERE DO BED BUGS COME FROM?

No one knows for certain what caused the resurgence of bed bugs in the US. Contributing factors may include:

- Worldwide increase in bedbug activity
- More frequent introductions during international travel (deployments)

They are being seen more and more in apartments, hotels, homes, shelters, dormitories (barracks) and nursing homes. They are active travelers, usually transported in luggage, boxes, clothing, furniture and even hair. Infestations are not tied to unsanitary living conditions.

## WHERE TO LOOK.

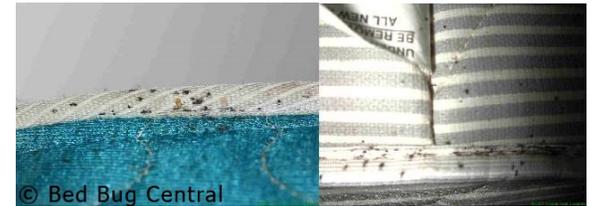
Check for bed bugs on the seams, tufts, or folds of mattresses, bed frames and head boards.

Bed bugs may also be behind baseboards, pictures, frames, windows, door casings, loosened wall paper, curtains, cracks in plaster, and behind electrical wall plates.



## HOW DO I KNOW IF I HAVE BED BUGS?

Usually the first sign of a bed bug infestation is the appearance of small rusty spots on your mattresses and bed linens. These are bed bug droppings and blood spots.



Bed bugs feed on any bare skin exposed while sleeping. Red itchy welts are an indication of an infestation. It may take as long as fourteen days for a welt to appear from a bed bug "bite".

A person who is bit should resist the urge to scratch the "bites", as this may intensify the itching and cause an infection. Some people have a reaction to bed bug "bites" and may need to seek medical assistance. Bed bugs are not known to transmit any diseases to humans.

