

Bed Bugs

Bed bugs have been recently publicized in the national media for being at MCB Camp Lejeune. Bed bugs are small, light brown insects found throughout the world. Although bed bug populations dropped dramatically during the mid-20th century, the United States is one of many countries now experiencing resurgence in bed bug populations. More information about bed bugs may be found at <http://www.cdc.gov/nceh/ehs/Topics/bedbugs.htm>

Some quick facts on bed bugs are:

- Bed bugs are a nuisance, but not truly a public health concern because they do not transmit disease like many other insect do.
- Bed bugs have been an emerging issue in hotels for several years.
- Keeping your spaces clean can help prevent an infestation of bed bugs.
- Bed bugs are not effectively killed by foggers or other over the counter pesticides. Make sure to contact a licensed exterminator if you need to apply pesticides.

For more tips, you may visit <http://www.epa.gov/pesticides/factsheets/bed-bugs-faq-fs.html>.

If you are concerned that you may have bed bugs, here are some recommended steps to take:

1. **Reduce clutter** - This will not eliminate bed bugs, but will help limit their hiding places and reduces the number of surfaces that may need to be treated. Do not dispose of items that have monetary, practical or sentimental value. These can be treated. Ask your pesticide applicator whether or not you should dispose of mattresses, box springs, bed frames or other furniture. These, too, can be treated or managed (more on this below).
2. **Launder all clothes and linens** where there is a concern infestation in hot water and dry on high heat for at least 20 minutes. You should transport these items to the laundry facility in sealed bags to prevent the spread of insects.
3. **Clean all hard surfaces** with a 1/10 bleach dilution after scrubbing with a stiff brush on any hard surfaces, such as baseboards, desks, and bed frames especially along edges/moldings, all furniture joints, and within dresser drawers. Dismantling bed frames will expose additional bug hiding sites. Remove drawers from desks and dressers and turn furniture over, if possible, to inspect and clean all hiding spots. Thoroughly vacuum floors if you have carpet and immediately dispose of vacuum bag in a sealed plastic bag. Thoroughly clean the canister with the bleach solution if your vacuum does not have a bag. Pay close attention to any cracks/seams in bed, curtains and cloth straps within bed frame.
4. **Scrub with a stiff brush and vacuum**, with a powerful vacuum, the seams and crevices of your mattress using the crevice tool on your vacuum. Mattresses should then be taken and placed in direct sunlight for several hours on each side. Mattresses and box springs can be permanently encased within special mattress bags. Once they are installed, inspect the bags to ensure they are undamaged; if any holes or tears are found, seal these completely with permanent tape. Any bugs trapped within these sealed bags will eventually die. Encasing mattresses, however, will not likely eliminate an infestation; some bed bugs are likely to lurk elsewhere in the residence.
5. Thoroughly clean all gear that cannot be laundered.