Bed Bugs
How to deal with them
Gale E. Ridge PhD

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)

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Connecticut Agricultural Experiment Station
123 Huntington Street, P. O. Box 1106
New Haven, CT 06504-1106
Tel: (203) 974-8600 (insect inquiries)

Photo: Mr. Michael Vasil

CCABB web address
WWW.CT.GOV/CAES
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

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 cloths
- 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 cloths
- 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