



Bed bugs

Bed bugs are known the world over. They were common in the U.S. before World War II, but became rare due to the widespread use of DDT. In recent years their numbers have increased again, due to restrictions on pesticides and increased global travel. California has experienced a sharp increase in bed bug reports, with San Francisco in the top 10 most infested U.S. Cities. Unfortunately, they are here in Tehama County. Our office has identified or received reports of bed bugs several times in the last two years.

How Do You Get Them?

People often think of insect infestations happening only in crowded, unsanitary conditions, but they can occur anywhere and are often reported in hotels, even upscale ones, where they can hitch hike in travelers’ clothing or suitcases. Bed bugs are also common in apartment buildings where they can move from apartment to apartment through cracks and crevices. You can also get them from used furniture and clothing if they are from an infested building.

What Do They Look Like?



Bed bugs are flat and segmented, range in color from clear to dark brown, and resemble small cockroaches. They range in size from 1/16 to 1/4 inch in length. They can’t fly but can crawl quickly.

How Do You Know If You Have Them?

Bed bugs hide during the day, usually near a bed. They leave stains on mattresses and other surfaces, of blood and feces. They also leave shed skins and egg cases.



Bed bug bites are painless and usually not noticed until later, when they start to itch. Sometimes bites are lined up in a row. Usually no treatment for bites is required, unless they become infected.

Bed bugs do not transmit any blood-borne diseases to their victims. They

Check mattresses, box springs and bed frames. They will not be out in the open but in cracks and crevices. They will also hide in other places near the bed, like curtains, edges of carpet and inside furniture. You may need a professional to identify an infestation, especially when they are still few in number.

What Do The Bites Look Like?

Usually the bites are small and red, and may look like flea or mosquito bites. They can be mistaken for skin rashes. Reactions to bed bug bites can vary from person to person. Some people may show little reaction while others may develop large welts.



may feed on pets, but they prefer humans due to the lack of fur.

How Do You Get Rid Of Them?

It's best to hire a professional to treat an infestation. Bed bugs are very hard to eradicate since they hide in crevices and can live up to a year without feeding. Foggers are often ineffective since they may just drive the bed bugs into adjoining rooms or apartments. A professional pest control operator can use a variety of products including sprays, dusts and aerosol insecticides to control them. Professionals have access to products unavailable to the general public. They can also advise you on whether your mattress can be disinfected or should be discarded. Thorough cleaning of surfaces including vacuuming to remove eggs must be done in conjunction with pesticide treatments. Clothing, bedding and many pillows can be washed. Hot

Issue #3



“What’s Bugging You?”



February 2014

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water, detergent and a hot drier will
kill bed bugs.

For more info on bed bugs see:

www.ipm.ucdavis.edu (enter bed
bugs in search bar)

<http://bedbugsguide.com/>

www.medicinenet.com. (enter bed
bugs in search bar)

For info on tenant/landlord
responsibilities in dealing with
infestations see:

[Guidelines for the Control and
Prevention
of Bed Bug Infestations in California](#)

[California Tenants Guide](#)

[Tenant Hub Website](#)

[Bed Bugs Handbook](#)