How to Protect Yourself and Your Home

Presented by the Dodson Urban Pest Management Laboratory at Virginia Tech in cooperation with the Virginia Department of Agriculture and Consumer Services, Office of Pesticide Services and Virginia Cooperative Extension.

For more information, please visit:


VDACS Office of Pesticide Services: http://www.vdacs.virginia.gov/pesticides/

Virginia Department of Agriculture and Consumer Services: http://www.vdacs.virginia.gov/

Virginia Tech Department of Entomology: http://web.ento.vt.edu/ento

Virginia Cooperative Extension: http://www.ext.vt.edu

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For Bed Bugs in Your Home
What NOT To Do

Bed Bugs Your Home and Yourself Protect
What Can Your Housing Management Do?

Items that may contain bed bugs can be sealed and cooked inside a heat box. The heat will kill all bed bugs and their eggs in furniture and personal items.

A desiccant dust can be applied in wall voids, behind faceplates, and in drop ceilings to prevent bed bugs from moving from one apartment unit to another.

When a bed bug infestation occurs, trained bed bug exterminators will be needed to get the population under control. Trained bed bug-sniffing dogs may be brought in periodically for inspections.

Bed Bug Identification

Bed bugs have five immature stages. Each stage must consume a blood meal to develop into the next stage. Adult bed bugs must have regular (~7 days) blood meals in order to keep producing eggs.

- Take a blood meal then molt
- Molt = 5-8 days
- at 27°C

Adult bed bugs are flat and reddish brown in color. They are the size and color of an apple seed.

Nymphs, or immature bed bugs, are yellowish in color and semi-transparent. Immature bed bugs range from the size of this comma (,) to the size of this zero (0).

Eggs are very tiny, pearl white in color, and about the size of this comma (,). You can see their red eyes developing at age 5 days.
DO IN YOUR HOME?

WHAT CAN YOU

The Life of a Bed Bug
How to Check Your Home For Bed Bugs

Inspect the nightstands and furniture next to the bed using a flashlight to see inside drawers, set-in screw holes, cracks and wood seams.

Make sure to have a flashlight with a strong and bright beam!

If you think you may have bed bugs at home, inspect locations where you (the food source) like to rest. Check the bed seams and mattress tags for bed bug evidence.

Inspect upholstered furniture, like couches. Using a flashlight, carefully look over surfaces, seams, cracks and crevices and cushions for bed bug evidence.

Bed Bug Indicators

Seeing and identifying live bugs is the most obvious indicator of a bed bug problem.

Each person reacts differently to bed bug bites. Skin reactions are not the best way to identify bed bugs.

Imaginary bed bugs have to shed their skin in order to grow. Sometimes the shed skins are the only bed bug evidence you will find, not the bugs themselves.

Bed bugs feed on blood and then excrete it as feces (bed bug poop). These black poop are common indicators of bed bug presence.
For Bed Bugs
How to Check Yourself

Get Into Your Home?
How Do Bed Bugs