

# Tips for Bed Bug Prevention and Control

## Correctly identify the Insert:

- Contact Canton City Health Department
- [www.cantonhealth.org](http://www.cantonhealth.org)
- (330) 489-3327

## Bed Bug Habits:

- Prefer to feed at night on human blood
- Hide during the day
- Hide in cracks, crevices and dark places
- Cannot fly but walk very fast
- Can survive several months without feeding if a host is absent

## Inspecting for Bed Bugs:

- Use a bright flashlight
- Look for the bugs and their dark spotting and shed skins
- Carefully inspect bedrooms and main living areas where people rest or sleep, focusing on:
  - Mattress seams, box springs and bed frame
  - Behind hanging pictures, baseboards, moldings and loosened wallpaper
  - Inside electronics (e.g. smoke detectors, thermostats, electrical outlets, etc.)
  - Top, sides, underside and interior of furniture
  - Carpet tack strip (underneath carpet edges)

## Travelers' Tips:

- **When preparing to leave:**
  - Travel very light
  - Put all items into tightly sealed plastic bags inside suitcase
  - Be sure to take extra plastic bags to you can isolate clean, dirty and newly purchase clothing
- **During your trip:**
  - Carefully inspect your room for signs of bed bugs
  - Change rooms if you find any signs of bed bugs
  - Never store luggage on the floor or bed
  - Keep your clothes in your suitcases, not in provided dressers
- **When arriving home:**
  - Do NOT take luggage inside bedrooms or living rooms
  - If possible, launder all clothing in your luggage
  - Store empty luggage inside sealed plastic bags.

## Control

- Act immediately
- Eliminate clutter
- Caulk or seal cracks and crevices
- Launder bedding, clothes, etc.
  - Wash in hot water (120°F [49°C] minimum)
  - Dry medium to hot setting (30 minutes minimum)
  - Confine clean items inside sealed plastic bags
- Do not use “bug bombs”
- Do-it-yourself bed bug control is very difficult
- Consider hiring an exterminator
  - Make sure the exterminator is licensed
  - Get at least 3 estimates before choosing one
  - Bed bug control takes considerable time and effort