

## 5 Travel Tips

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- 1) Look for potential hiding places for bedbugs, such as carpet edges, mattress seams, pillow case linings, bed boards, wall trim or other tiny crack-like places bedbugs might hide.
- 2) Keep a flashlight nearby when sleeping, to immediately observe activity during the night without having to get up out of bed, thus giving bedbugs time to hide in safety.
- 3) Never leave your clothing laying on the bed, or any location of possible infestation. Hang your clothes keeping them distant from the floor or bed.
- 4) Close your suitcase, travel bag, when you're not using it and elevate it off of the floor. Place your suitcase on a table or chair when possible.
- 5) Keep any bedbug you find (intact if possible) to show the hotel owner.

Sussex County Department of  
Environmental and Public Health Services  
One Spring St  
Newton NJ 07860  
Phone: 973-579-0370  
[www.sussex.nj.us/health](http://www.sussex.nj.us/health)



# Bed Bugs



Learn the Facts  
Protect Yourself  
Protect Your Home

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## What are Bed Bugs?

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Bed bugs are small wingless insects that feed solely upon the blood of warm-blooded animals. Bed bugs and their relatives have evolved as nest parasites. Certain kinds inhabit bird nests and bat roosts and await the return of their hosts; others have adapted well to living in the 'nests' (homes) of people. Hatchling bed bugs are about the size of a poppy seed, and adults are about 1/4 of an inch in length. From above they are oval in shape, but are flattened from top to bottom.

Adult Female



Adult Male



Not scaled to actual size

Eggs and Droppings



## How Do Bed Bugs Get In Your home?

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Because bed bugs readily hide in small crevices, they may accompany (as stow-aways) luggage, furniture, clothing, pillows, boxes, and other such objects when these are moved between apartments, homes and hotels. Used furniture, particularly bed frames and mattresses, are of greatest risk of harboring bed bugs and their eggs. Because bed bugs can survive for many months without feeding, they may already be present in apparently 'vacant' and 'clean' apartments or furniture. Bed bugs can wander between adjoining apartments through voids in walls and holes through which wires and pipes pass. In a few cases, bats and/or birds may introduce and maintain bed bugs and their close relatives (bat bugs and bird bugs).

## Think You Have Bed Bugs?

For Specimen Identification Contact  
Rutgers Cooperative Extension  
129 Morris Turnpike  
Newton, NJ 07860  
By Phone: (973) 948 -3040  
By Email: [rcesc@njaes.rutgers.edu](mailto:rcesc@njaes.rutgers.edu)

## How Can You get Rid of Bed Bugs?

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It is highly recommend that you seek assistance from a professional pest control company.

Controlling an infestation requires very detailed work and much moving (and disassembly) of furniture. Careful inspections must be completed in conjunction with non-chemical controls (such as vacuuming, and steam treatments) and insecticide treatments. The insecticides available are commercial products requiring special equipment and training, that is not readily available in over-the-counter products. While waiting for an exterminator, you can wash all clothes, sheets and curtains in hot water and place in the dryer for at least an hour to kill the bugs and their eggs.

### Before calling the exterminator

You should have specimens examined to confirm their identity **before** you consider treating your residence. This is important because many other kinds of insects are easily confused with bedbugs, and because treating a home or apartment can be costly, difficult, and hazardous if not done correctly.

Bed Bug Bite



Bed Bugs and Residue in Mattress Seams

