

Q: What are bed bugs?

Bed bugs are common pests that can be found in a variety of places but most commonly in places where people sleep.



Q: Are bed bugs a common problem?

Bed bugs can affect anyone regardless of sanitation or income level, they have been reported in locations from homes to businesses.

Q: Can you get any diseases or illnesses from bed bugs?

Bed bugs are not known to transmit any diseases.

Q: How can I control bed bugs if I have them?

There are chemical and non-chemical control measures you can use. Throw away any infested items and wash all sheets in hot water and dry in a hot dryer.

# Bed Bugs

## What you need to know

- Never bring in bed frames, mattresses, box springs or upholstered furniture found outside.
- Reduce clutter in your home to reduce hiding places.
- Change and wash bed linens, quilts, and blankets often.
- When traveling, inspect the bed area of any signs of bed bugs and when returning check your luggage and shoes for signs of bed bugs before bringing items into the house.



## What can I do?