How do I know if I found a bed bug?

The County of Santa Clara Vector Control District will identify specimens free of charge.
Monday – Friday, 7:45 a.m. - 3:00 p.m.
Not open on holidays

Specimens may be dropped off at the District office. Photos of specimens may also be emailed to vectorinfo@cep.sccgov.org. Live samples are preferred.

Evict unwanted roommates

Seek professional help - individuals should not attempt to control a bed bug infestation alone. In order to successfully eradicate a bed bug infestation, an intergrated treatment plan is needed. Applying insecticides to control a bed bug infestation should be done by a trained and licensed pest control professional. Local code enforcement agencies can help with a variety of pest issues, including bed bugs, depending on the city.

Bed bugs can feed up to 10 minutes without you noticing. Their saliva contains an ingredient which hides the bite and acts as a blood thinner to prevent clotting.

Resources

California Department of Public Health
(916) 558-1784
http://bit.ly/BedBugsCDPH

Centers for Disease Control and Prevention
(800) 232-4636
http://bit.ly/BedBugsCDC

Environmental Protection Agency
http://bit.ly/BedBugsEPA

Vector Control District County of Santa Clara

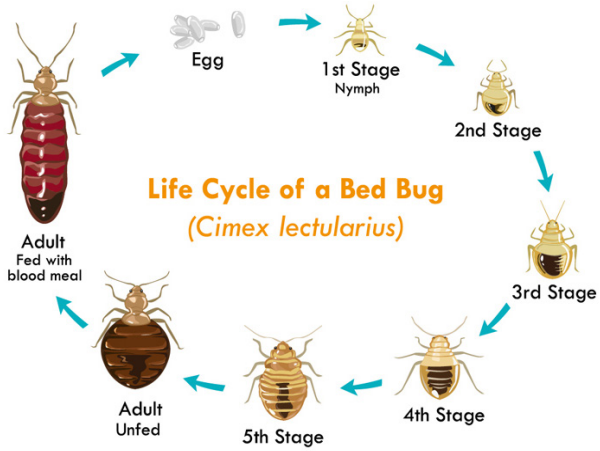
1580 Berger Drive
San Jose, CA 95112
M-F 7:30 a.m. - 4:30 p.m.

Office: (408) 918-4770
Fax: (408) 298-6356

vectorinfo@cep.sccgov.org
www.sccvector.org

Bed Bugs

www.sccvector.org (408) 918-4770



What are bed bugs?

- Bed bugs (*Cimex lectularius*) are small blood sucking insects that feed on birds and mammals, including humans.
- They are a serious problem worldwide due to their resistance to insecticides and their tendancy to hitchhike to new locations through luggage, clothing, and furniture.

A female bed bug has the potential to produce 500 eggs in her lifetime.

Lifecycle of bed bugs

- A bed bug goes through five nymphal stages before becoming an adult.
- Each stage requires a blood meal for development.
- Bed bugs can live anywhere from six months to a year depending on the environment and food supply.

Where do bed bugs hide?

- Bed bugs are highly active during the night and tend to hide during the day in crevices of headboards, nightstands, bedroom furniture, end tables, drawer joints, loose wall paper, and upholstered furniture found on the street.
- You may also find evidence of their presence (such as small black/dark red blood stains, fecal droppings, and eggs) within the seams and tufts of mattresses, box springs, pillows, and baseboards.
- Can be found in hotels, schools, offices, residences, public transportation, retail stores, or any place where people gather.

Appearance of bed bugs

- Oval shaped insects with a red-brown color.
- About the depth of a credit card and wingless.
- After a bed bug feeds, its body swells and turns bright red, making it appear to be a different insect.

Are bed bugs harmful?

- Bed bugs feed primarily on human blood, but are not known to transmit disease.
- An individual's immune response can lead to itchy welts on the skin, and scratching can introduce bacteria and lead to a secondary infection.
- Can cause sleeplessness and psychological distress.

Preventing bed bugs

- Seal all cracks and crevices in bedrooms with caulking.
- While traveling, inspect for bed bugs before putting items in dresser drawers, or luggage on the spare bed or floor.
- When returining from traveling, inspect luggage, wash all clothing, and dry on high heat.