



## **BED BUGS DO NOT DISCRIMINATE** **Common Sense Advice for Home Visitors**

**Bed Bugs don't discriminate. Anyone can get Bed Bugs.** These insects do not care what race you are, your age, or your economic status; they are simply looking for their next meal. Help remove the stigma associated with Bed Bugs and participate in the solution.

**Know the facts about Bed Bugs.** Bed bugs are very successful hitchhikers, moving from an infested site to furniture, bedding, baggage, boxes, and clothing. Bed Bugs feed exclusively on blood. Depending on the conditions of your home, each Bed Bug may feed once every 5 to 10 days. They are quite resilient and are capable of surviving over a year without feeding. Bed Bugs are usually active late at night – not during typical home visits. Bed Bugs do not carry disease. This factsheet provides guidance on the precautions you can take to prevent the spread of Bed Bugs.

**Protect yourself. Get informed.**  
**Stop the Spread.**

[www.nhbedbugs.com](http://www.nhbedbugs.com)

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- ❑ **Carry in to the home only what is necessary.** Minimize the amount of personal items you bring into the home. Leave your coat, pocketbook, briefcase and other excess items in the car.
- ❑ **Be smart about where you sit.** Sit on a hard chair or bring a portable stool. Sit in the middle of the room away from carpets (preferably an area with a hard type of flooring). Sitting on upholstered furniture or beds will put you and the next family you visit at risk.
- ❑ **Set your belongings on a table.** By putting your belongs on the bed or upholstered furniture, you run the risk of taking a Bed Bug home. Place your belongings on a table or on a solid surface floor.
- ❑ **Inspect yourself before you get in your car.** Inspect your clothes upon leaving for Bed Bugs. Don't forget to inspect your shoes and shoelaces. Inspect your personal office and living area for signs of Bed Bugs on a regular basis.
- ❑ **Keep an extra set of clothing (including shoes) in your vehicle.** Keep a change of clothes and shoes in case Bed Bugs are found on you (or seen walking around the home). Put the contaminated clothes into a sealed plastic bag or tote and then directly into your dryer. Dry clothes in a dryer and/or steam-clean your shoes.
- ❑ **Protect your car from unwanted hitchhikers.** After each home visit, place all your clothing, bags, and shoes in to a plastic storage tote with airtight lid. This will confine hitchhiking bugs to your "home visiting bags and toolkit".
- ❑ **Decontaminate your clothing.** After a visit, gather all your clothing, bags, and shoes and put them in the dryer on high heat (at least 140 degrees) for at least 20 minutes to kill Bed Bugs.
- ❑ **Vacuum your vehicle after a home visit.** Vacuum your vehicle after a home visit using a local carwash vacuum cleaner. This will prevent you from contaminating your personal vacuum.
- ❑ **Decontaminate your home vacuum.** If you use your own vacuum, suck up some talcum powder prior to and immediately after vacuuming a vehicle. Remove the vacuum cleaner bag outside of the home or office and seal it in a plastic bag. Dispose of the vacuum bag in a trash receptacle outside of the home or office. Inspect all vacuum attachments and brushes for any signs of Bed Bugs and eggs.
- ❑ **Insect repellants applied to your skin or clothes DO NOT repel Bed Bugs.** Bed Bugs will feed through skin covered in DEET and are NOT repelled by any insect repellant labeled for biting insects (or ticks).
- ❑ **Know how to recognize bed bugs.** Adult Bed Bugs are visible but the nymphs - youngest ones and eggs are very small in size. Eggs are glued to objects by female Bed Bugs. For photos or additional information, visit Bed Bug Central at [www.bedbugcentral.com](http://www.bedbugcentral.com).