

Bed Bug Fact Sheet

What are bed bugs?

Bed bugs are small, reddish-brown wingless insects that feed on human blood during the night. Bed bugs do not fly; they either crawl or are carried from place to place in a person's belongings. Before a bed bug feeds on blood, its body looks flat with a circle shaped abdomen; however, after it has fed, the body lengthens and becomes narrow. Bed bugs can survive for weeks to months without a blood meal.

Do bed bugs affect humans?

Bed bugs feed at night when people are sleeping. The bite of a bed bug is usually painless, and a person may not even know that they have been bitten until a large itchy welt appears on their skin several days later. While these bites may be a nuisance, bed bugs do not transmit disease to humans.

Where do bed bugs live?

Bed bugs are most commonly found in sleeping areas including beds and bedroom furniture, mattresses, and linens. Bed bugs may also be found in the cracks and crevices of bed frames, dressers, or loosened wall paper.

Evidence of bed bugs infestations

- Presence of bed bugs
- Empty bed bug skins
- Blood spots/stains on bedding, mattresses, furniture, or walls

Getting rid of bed bugs

Washing clothing and bedding in hot water will kill bed bugs on those items.

The California Department of Public Health, Vector-borne Disease Section, recommends hiring a licensed pest control operator to get rid of bed bugs in the room or building where they are found.



Figure 1. Bed bug adult (right) and nymph (left)



Figure 2. Adult bed bug next to a penny



Figure 3. Mattress spotting



For more information go to:
www.cdph.ca.gov

Search words: bed bug