

**PREVENTION**

**WEDNESDAY**

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City of Baltimore

Health Department

## Don't Let the Bed Bugs Bite!

### Did You Know?

- ★ Bed bugs, also known as Chinchies, are small insects that feed on human blood throughout the night.
- ★ Bed bugs are wingless, with an oval-shaped body about this long :\_\_\_ They are light yellow or reddish-brown.
- ★ If you have red, long welts that are itchy and appear in a line, then you may have bed bugs.
- ★ Bedbugs are usually found in mattresses, bed linen and in cracks/ holes of floor or bed.
- ★ Signs of Bed Bugs include:
  - ★ Musty, “sweet” odor
  - ★ Black spots (feces) left by bugs
  - ★ Eggs, egg shells or shed body skins
  - ★ Blood stains on bed

Contact your doctor with questions.  
Need insurance or help with a referral? Contact Baltimore HealthCare Access at 410-649-0500 or 311.

### Prevention TIPS:

- Tip 1** Bed bugs can spread and travel.
- ★ Vacuum along mattress seams and use a zippered mattress cover.
  - ★ Vacuum behind baseboards, picture frames and under carpets.
  - ★ Remove or seal loosened wallpaper.
  - ★ Caulk holes or cracks in floors, windows, doors, or bed frame.
  - ★ Keep clothing/bedding off the ground.
  - ★ Launder linen and affected clothing in hot water and with hot dryer.
- Tip 2** Throw out infested mattresses and box springs. Label “BED BUGS”.
- Tip 3** Traditional insect and folklore remedies DO NOT work and can cause more harm.
- ★ Sprays cause bed bugs to spread.
  - ★ NEVER use kerosene or gasoline on a mattress.
- Tip 4** Bed bug infestation can be difficult to control. It is best to contact a pest control professional. Or for more help, contact UMD Cooperative Extension Home & Garden Info Center Mon-Fri. 8 a.m. - 1 p.m. at 1-800-342-2507.