

## Bed Bug Characteristics:

- Small, flat, oval shaped bodies
- Size of a pinhead to an apple seed
- Wingless
- Excellent crawlers
- Light brown to red in color
- Feed at night on human blood



Different life stages of bed bugs. After each feeding they can grow and shed their old skin.

## What about my mattress? Do I have to get rid of it?

It is often unnecessary to dispose of mattresses and furniture. For more information about mattress encasements and recommendations regarding safe mattress and furniture disposal log onto:

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

However, if you decide to dispose of your mattress, Bernalillo County does not pick up mattresses, furniture, or other articles infested with bed bugs. Consider wrapping affected articles in plastic pallet wrap and bringing them to a disposal facility. Call 311 for a location nearest you.

In addition, never pick up used furniture from curbsides—it could contain bed bugs.

For more information on bed bugs log onto the Centers for Disease Control bed bug website:

[www.cdc.gov/parasites/bedbugs](http://www.cdc.gov/parasites/bedbugs)

To report concerns about a bed bug infestation please dial 314-0310



Bernalillo County  
111 Union Square  
Albuquerque N.M 87102  
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[www.bernco.gov](http://www.bernco.gov)

# Bed Bugs



**Bernalillo County  
Planning & Development Services  
Health Protection Section**

## How do I know if I have bed bugs?

Signs of a bed bug infestation include:

- presence of live bugs
- blood spots on mattresses (fecal spots)
- cast skins from molted juveniles
- bites



## What are the symptoms of bed bug bites?

- red, itchy, swollen bumps that occur in groups of 3-4 on exposed skin of arms, legs, neck and back
- bites appear after sleeping or sitting on infested furniture



It is important to check with your doctor about any suspected bites, as they are often mistaken for other insect bites or allergic reactions.

## Where do I look?

Likely hiding places include, but are not limited to:

- seams and tufts of mattresses
- around bed frames
- behind headboards
- along baseboards
- ceiling/wall junctions
- behind pictures on the walls
- under loose wallpaper
- behind posters and picture frames
- in/near electrical outlets
- folds of curtains
- drawers of nightstands
- pet bedding
- in telephones, clocks, radios, and smoke detectors

## What do I do if I'm renting?

Often bed bug issues can be resolved between tenants and landlords. We advise tenants to place a written request with their landlord for treatment of the problem and allow at least 3 days for a response.

If the problem is in 2 or more units, and/or a common area, and you are unsatisfied with the landlord's response to your written request, Bernalillo County may be able to help address the problem. Please dial 314-0310

## How do I get rid of them?

Working with your landlord and a reputable pest control agency is the BEST way to completely eliminate an infestation. Treating your residence on your own with pesticide sprays or foggers may be ineffective and expose you and your family to hazardous pesticide residues.

But here are some things YOU can do in the meantime.

- 1) Remove all clutter** to reduce the number of potential hiding places.
- 2) Vacuum** rugs, carpets, mattresses, and furniture to eliminate visible bugs.
- 3) Make your furniture into islands** by pulling it way from the walls. Do not allow blankets, pillows, or dust ruffles to touch the floor. This will help discourage bugs from crawling up into furniture.
- 4) Wash** all bedding/clothing/rugs etc. in HOT water (120°F) and/or place in a dryer on HIGH heat for at least 10 minutes.
- 5) Scrub** all furniture and/or hard surfaces to remove any eggs.
- 6) Store** all clean items in sealed bags or containers to prevent re-infestation.