

# Bed Bugs

## Information leaflet

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EAST CAMBRIDGESHIRE  
DISTRICT COUNCIL

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## **WHAT DO THEY LOOK LIKE?**

Adult bed bugs are oval shaped, flattened and about 6mm long. When unfed they are pale brown in colour but change to reddish brown when full of blood. Young bugs (nymphs) are nearly colourless.

## **WHERE DO THEY LIVE?**

Bed bugs are usually found in floor cracks, under carpets, behind loose wallpaper, wall pictures, loose skirting boards and door frames, in the seams of bed mattresses or even behind the eyes of soft toys.

## **WHAT DO THEY EAT?**

Bed bug feeds exclusively on blood, generally only in darkness. Although human blood is preferred they can survive on other blood from dogs, cats, rabbits, rodents etc they can ingest 7 times their own body weight in one feed, but can go for long periods without food and are resistant to low temperatures

## **DETECTION**

Bed Bugs are not easy to detect but will leave tell tail blood spotting around harbourages, after a feed they can become too big to fit into the gaps they hide in during the day, so they will vomit up blood until they can fit into the gap, leading to blood spotting around the entrance. Bite marks from Bed Bugs will only appear on areas of the body that remain out of the bed, arms shoulders and face are usually the only places.

## **DISEASE TRANSMISSION**

Bed bugs are not thought to transmit any serious illnesses to humans; however the bite can cause considerable irritation and may result in loss of sleep and lowering of general health.

## **CONTROL MEASURES**

The routine washing of bedding and clothing at a high temperature, followed by drying in a tumble dryer at normal temperature, can kill bedbugs and any eggs present.

However Bed Bugs can be very difficult to treat therefore we would advise you to contact a pest control company to treat any infestation. These can be found on the internet or in the yellow pages.

This Council does not provide a pest control treatment service at the present time, however should you require further advice please contact Environmental Services on 01353 665555.

**WHEN USING INSECTICIDES ALWAYS FOLLOW THE INSTRUCTIONS ON THE LABEL.**