

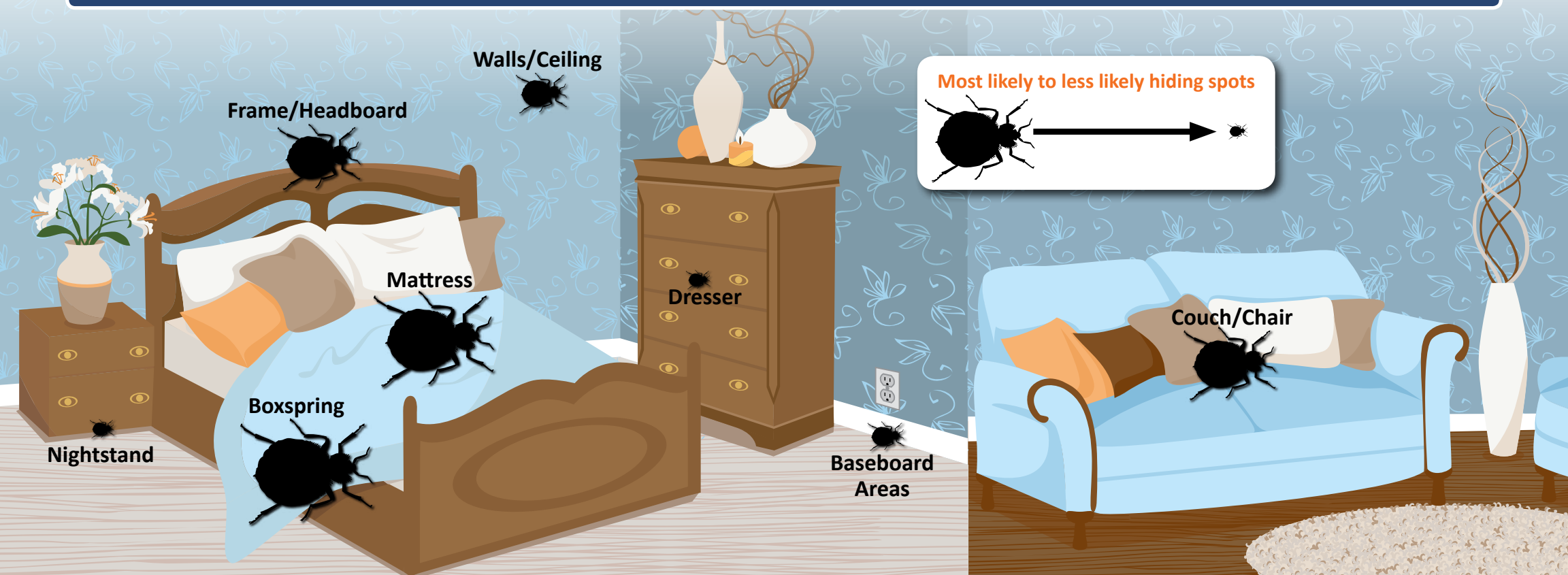
# BITE BACK!

## YOU CAN CONTROL BED BUGS.

Bed bugs are a widespread problem in Illinois and around the world. Here's what you can do to protect yourself.

### WHERE TO LOOK: BED BUG HIDING SPOTS

Bed bugs hide in cracks and tight spaces within 6 to 8 feet of the sleeping areas – above, under and around.



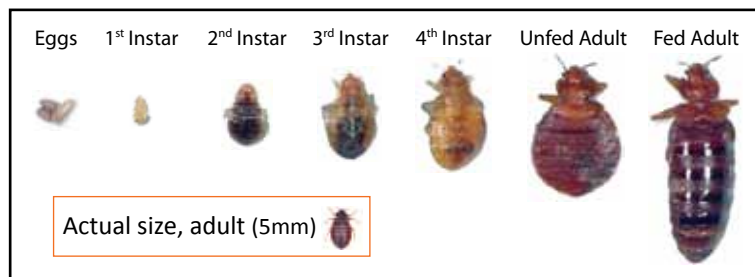
### WHAT TO LOOK FOR.

#### Dark brown or black spots



*Pictures courtesy of J.L. Obermeyer, Purdue University and Dr. D. Miller, Virginia Tech University*

#### Bedbug life cycle



### WHAT ABOUT BITES?

The only way to be sure that you have bed bugs is to find the bug. Why? Because their bites look like those of other insects or skin problems, and many people don't react to their bites at all.



**Dirty living conditions DO NOT attract bed bugs,** but cleaning regularly and removing clutter will help you see and better control them. Always be aware of your surroundings and take action quickly when a problem is found.

#### How You Get Bed Bugs



Travel



Used Furniture



Guests

#### Top 4 Things You Can Do To Stop Bed Bugs

- Reduce clutter, especially in bedrooms.
- Look often for signs in sleeping areas.
- Put bedding and other items in the clothes dryer using high heat for at least 30 minutes.\*
- Report problems quickly to landlord and/or an experienced pest control operator.

\*Heat is one of the best treatments for bed bugs because it kills all bed bugs, eggs to adults.



**IMPORTANT! Bed bug bombs and foggers do NOT work for controlling bed bugs.**



State of Illinois  
Illinois Department of Public Health

#### For Additional Information Contact:

Illinois Department of Public Health, [www.idph.state.il.us/envhealth/pcbbedbugs.htm](http://www.idph.state.il.us/envhealth/pcbbedbugs.htm)  
Safer Pest Control Project, [www.spccpweb.org](http://www.spccpweb.org)



SAFER PEST  
CONTROL PROJECT