

What to do about bed bugs

What are bed bugs?



Bed bugs are tiny bugs.

They like warm cosy places, and they like to nibble on people.

Why are they bad?

If there are bed bugs in your home, they can give you itchy bites.

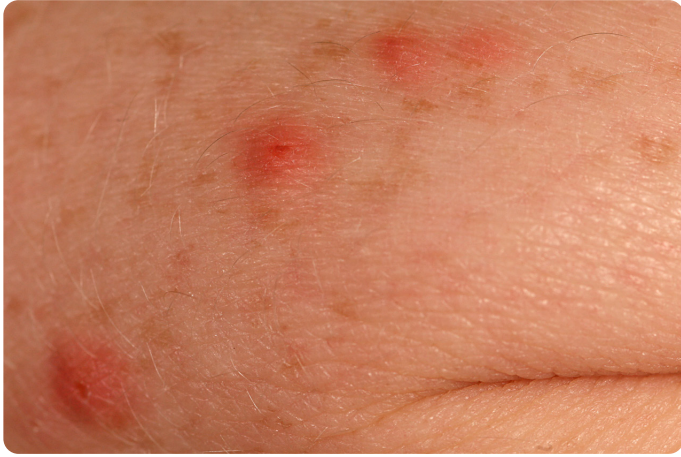
Even if you move to a different bedroom, the bed bugs will travel to find you, because you are warm and tasty to them.

If you think you have bed bugs, it is very important to get rid of them. If you don't get rid of them, they will continue to bite you and people who visit you.

Bed bugs can also spread to other people's homes.



How do I know if I have bed bugs in my home?



You may have bites on your body. This is what they look like.

Bed bug bites are not dangerous, but they can be very itchy.



You may see black spots on your bedding. This is bed bug poo.

This is what it can look like.



You might also see bed bug poo on your furniture.

It might look like this.



Bed bug poo can make stains on your furniture.

It might look like this.

How do I know if I have bed bugs in my home?



You may see adult bed bugs.

This is what they look like close up.

They are about the size of an apple pip.



You may see young bed bugs.

This is what they look like close up.

They can be as small as a grain of sugar.



You may see bed bug eggs.

This is what they look like close up.



When bed bugs shed their skin, they leave the skins behind.

It might look like this.

How to look for bed bugs



You will need a torch to look for bed bugs.

You might also need some help to lift and move the furniture.



Bed bugs live in the places where you spend a lot of time. They find humans by heat and smell.

So first, look in your bed. Bed bugs like to live in the folds and seams.



Take the mattress off the bed. Shine a torch on it to look for signs of bed bugs.

Look in all parts of the bed. This includes the bed frame, bed base, and headboard.



If you spend a long time sitting down at home, look in the sofa and chairs where you sit the most.

Lift up the cushions and shine a torch underneath.

I found some! What do I do?



Did you find bed bug poo, bed bugs, bed bug eggs or bed bug skins?

Take a photo of what you found, so you can show others later.



If you can't get a photo, use tweezers to pick up bed bugs, bed bug eggs or bed bug skins.

Put them in an envelope and seal it, so you can show others later.



Get ready to clean up.

You might need someone to help.

You will need a vacuum cleaner and some bin bags.



DON'T use insect killer spray – it won't kill bed bugs.

They will just find other places to hide!

Getting rid of bed bugs: vacuuming



Take all the bedding off the bed.

Put everything into a bin bag.

If there are clothes by your bed, put them in the bin bag too.



Use a vacuum cleaner to suck up all the signs of bed bugs.

Make sure you vacuum the mattress, bed frame, bed base, and headboard.

Tidy up around your bed. Check everything close to the bed for signs of bugs, bug poo, eggs and skins.

If you see any signs of bed bugs on the floor or furniture, vacuum them up.



When you have finished, take the vacuum cleaner outside.

Empty the vacuum cleaner into a bin bag. Tie up the bag, and put it in the outside bin.

Clean the bedding and clothes



Get the bin bag with bedding and clothes in. Take it to the washing machine.

Empty all the bedding and clothes out of the bin bag and into the washing machine.

Wash the bedding and clothes at 60 degrees. This is a hot wash that should kill the bed bugs.

If you have a tumble dryer, you can also put bedding and clothes on “hot” for 30 minutes. This should also kill the bed bugs.

Keep your bedroom clean and tidy so that the bed bugs won’t want to come back.

Tell your landlord about it

Even if you think all the bed bugs have gone, you must tell the people who look after your house.

That might be the Council, Housing Association, or Landlord.



Show them the photos and tell them you think you have bed bugs.

Tell them what you did to try and get rid of them. They will tell you what to do next.

And finally: don't worry!

Bed bugs are not very common.

People often think they have bed bugs when they don't.

If you have checked for all the signs, and you haven't found any, you probably don't have bed bugs!



Don't worry about your pets.

Bed bugs don't like hairy animals, so they don't bite pets.

More information



If you think you have found bed bugs, eggs or skins, you can ask the Bed Bug Foundation to check.

Email the photos you took to:
help@bedbugfoundation.org.

OR: if you saved some in an envelope, write your name and address on it. Put everything in another envelope and send it to:

The Bed Bug Foundation, Prior's Loft, Coleford Road, Tidenham, Chepstow, Monmouthshire, NP16 7JD, UK.