

## BED BUG PREVENTION TIPS

- Check for signs of bed bugs regularly.
- Carefully inspect all clothing and baggage when you have returned from traveling. Place clothing and belongings in sealed plastic bags until they can be run in a hot dryer [loosely packed] on the hottest setting for at least 35-45 minutes. [It is not always necessary to wash clean items but a long tumble in the dryer is mandatory]
- Avoid acquiring used furniture and mattresses from secondhand stores - these may be infested.
- Remove clutter from the home, especially the bedrooms where bed bugs can find added places to hide.
- Keep beds clear above and below. Do not store items under beds and do not pile coats or clothing on beds.
- Use solid, light-colored sheets - these make early detection of bed bugs easier.
- Purchase mattress & box-spring encasements to help prevent bed bugs from entering, nesting & breeding in your bed.
- Do not move infested items from one room to another —bed bugs may fall off during transport
- Do not sleep in another room - this will cause bed bugs to move right along with you and possibly spread them to other rooms.
- Be careful not to transfer bed bugs to your car.
- Always be careful of overnight visitors, check belongings.
- Purchase **BedBugDot** early warning **detection system**. Great Tool for everyone to use at home, work, care etc. Call today to order!!!

### SINCE PESTICIDES ARE TOXIC POISONS, THEY SHOULD BE USED SPARINGLY AND CAREFULLY BY A TRAINED PROFESSIONAL ONLY!

Using bug bombs and sprays on mattresses and in bedrooms will increase your exposure to health risks, not control and will spread bed bugs.

- “Bug bombs” are also the cause of many house fires.
- The insecticides that are most effective are those used by trained and licensed professionals and may require specialized equipment to apply. These are not readily available as household products and require state certification to purchase and use safely.

Experienced pest control companies know where to look for bed bugs, are schooled in proper techniques, and have an assortment of management tools at their disposal.



**DO NOT DISCARD INFESTED MATTRESSES, FURNITURE OR OTHER ITEMS WITHOUT PROPER WRAPPING AND LABELING.**



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# Find Bed Bugs “Before” They Find You!



*Bed Bugs are Back!*

**Spread the Word - Be Aware!  
Protect Your Home, Family,  
Community and You!**

## WHAT ARE THE SIGNS OF BED BUGS?

For most people, the first sign of a bed bug problem may be waking up with unidentified bites. Bites from a bed bug can resemble bites of other insects.

**Live Bed Bugs:** Look for live bed bugs in any stage of development. You may not always find a live bed bug.

**Fecal (Poop) Stains:** Appear to be minute "ink dots", (like from a black marker pen), can be found just about anywhere and are often mistaken for mold.

**Cast Skins:** These are when the bed bug grows out of its skin and leaves the old one behind.

**Blood Stains:** These spots may look like rusty spots on bedclothes, sheets, furniture and surrounding walls.



## WHERE DO BED BUGS HIDE?

Bed bugs are commonly associated with areas where we sleep or rest but can easily spread and be found in adjacent rooms.

- In mattresses and box springs (seams and creases)
- Headboards and bed frames
- Carpet edges, base boards, molding, cracks and crevices behind and around bed
- Switch plates and electrical outlets, loose wall paper, picture frames
- Upholstered chairs, nightstands
- Piled up clothing or any cluttered areas



**Cluttered areas have a significant impact on elimination efforts!**

**If you find or SUSPECT BED BUGS, promptly notify a Professional!**

Bed Bugs are known to be one of the most difficult pests to eliminate. It is important to find them in the earliest stages for quick elimination.

## DO BED BUGS SPREAD DISEASE?

Bed bugs are not known to cause or spread disease.

- When feeding, they inject an anti-coagulant and anesthetic from their saliva which can cause an allergic reaction.
- Some people do not react to bed bug bites.
- They will bite any exposed area of the body, such as the face, neck, arms, and hands.
- The bite is usually not felt but can result in small, flat or raised bumps, red swollen and itchy skin.

