# Prescriptions for Prevention

## Bed Bugs

### Did you know?

There are safe and effective steps you can take if you find bed bugs in your home.

## Action Plan

- The following are signs that you may have bed bugs in your home:
  - Bites on your skin
  - Blood spots on your sheets
  - White or pale yellow eggs, particularly along mattress seams

- Look for or monitor bed bugs using pitfall style traps (shaped like a dish) placed under furniture legs. To learn how they work and what they look like click here or scan the QR code:

- Prevent the spread of bedbugs by storing clean clothing, bedding, and other belongings in airtight bins with lids or tied plastic bags.

- Don't throw away your belongings! Safely eliminate bed bugs at home:
  - Place fabric items in a dryer on high heat for 30 minutes to kill bed bugs and eggs.
  - For items that can't be cleaned, store them in airtight bags until the bed bugs inside die. This can take up to 6 months.
  - Vacuum bedrooms, including under the bed. Empty and clean the canister or remove the bag. Contents should be removed from the home.
  - Don't discard your bed. Use bed bug-proof encasements on your mattress and box spring.
  - Fill in openings in walls and floors where the bed bugs can hide.

- Never use sprays, foggers or "bug bombs." These products don't work and can expose you to harmful chemicals. They can also scatter the bugs, making them harder to eliminate.

- Use an integrated pest management plan (IPM) to control bedbugs first, before hiring a licensed pest control specialist. Contact your state extension office with questions about IPM techniques. To learn more about IPM and access a step by step plan click here or scan the QR code:

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
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Children's Hospital of Philadelphia

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## Resources

### Pennsylvania IPM Program in Philadelphia

For more information about IPM, contact the Penn State Extension Pennsylvania IPM Program in Philadelphia at 215-264-0582.

### CDC Health Information & Treatment for Bed Bugs

The CDC outlines how bed bugs spread, health impacts, and evidence-based steps for removal. Click here or scan the QR code:

### Make Your Own Bed Bug Interceptor Traps

Use the EPA's instructions to create your own bed bug interceptor trap as a part of their Do-It-Yourself Bed Bug Control plan. Click here to learn more or scan the QR code:

### City of Philadelphia Bed Bug Law For Renters

Tenants who find or suspect bed bugs in their rental property must notify their landlord within five business days. Then the landlord must hire pest control professionals within 10 business days of the notice. Click here or scan the QR code for steps on how to file a complaint if a landlord does not respond.

### Learn More About the Impact of Pesticides

Pesticides are toxic by nature. Read about the harmful health effects of using pesticides inside your home and how to reduce your exposure by clicking here or scanning the QR code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 prcceh@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

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