

## Bed Bug FAQ

### What are bed bugs?

Bed bugs (*Cimex lectularius*) are small, flat, parasitic insects that feed solely on the blood of people and animals while they sleep. Bed bugs are reddish-brown in color, wingless, range from 1mm to 7mm (roughly the size of Lincoln's head on a penny), and can live several months without a blood meal.

### Do bed bugs spread disease?

While bed bugs are a nuisance, according to the CDC, bed bugs are not known to spread disease. However, bed bugs can be an annoyance because their presence may cause itching and loss of sleep. Sometimes the itching can lead to excessive scratching that can sometimes increase the chance of a secondary skin infection.

### What are the symptoms of a bed bug bite?

A bed bug bite affects each person differently. Bite responses can range from an absence of any physical signs of the bite, to a small bite mark, to a serious allergic reaction. Bed bugs are not considered to be dangerous; however, an allergic reaction to several bites may need medical attention.

### How do I identify bed bugs?

One of the easiest ways to identify the presence of bed bugs is by the tell-tale bite marks on the face, neck, arms, hands, or any other body parts while sleeping. However, these bite marks may take as long as 14 days to develop in some people so it is important to look for other clues when determining if bed bugs have infested an area. These signs include: the bed bugs' exoskeletons after molting, bed bugs in the fold of mattresses and sheets, rusty-colored blood spots due to their blood-