

Bed Bugs

Fast facts and safety tips



How Do I Know If I Have Bed Bugs?



Dead or Alive

Bed bugs are small, reddish brown, the size of an apple seed



Stains

Small, dark stains on linens or around mattress seams from blood



Larvae

Eggs are small, white, oval in shape, and slightly smaller than a grain of rice



Skin Casings

Shed bed bug skin



Itchy Red Bites

Notice bites you didn't have the night before, often in a line

Prevention



Routinely Inspect

Look for bed bugs around bed and bed frame at home at hotels; check second hand furniture and books



Reduce Clutter

Fewer places for bed bugs to hide



Seal Cracks

Seal cracks and crevices



Wash After Travel

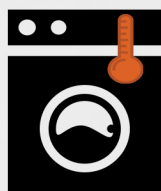
Check luggage after traveling and unpack directly into washing machine or bag in plastic until later

How Do I Get Rid of Bed Bugs?



Don't Use Pesticides

Insecticides can make people sick; never use to treat infant bedding



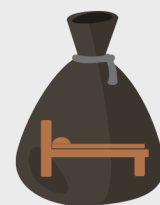
Hot Wash

Wash and dry bedding and clothing at hottest setting (140° F) for at least 30 minutes



Vacuum Mattresses and Furniture

Seal vacuum bags right away and put them in an outdoor trash can



Seal Mattress

Seal the mattress in a bed bug proof encasement or consider throwing the mattress out if infestation is severe

What Tenants Should Do	What Landlords Should Do
When looking at a potential rental home, ask if the home has been infested with bed bugs in the past.	Make sure the apartment is free from all infestations before someone moves in.
Answer honestly if the landlord asks if you have had bed bugs in the past. If you have, do all you can to prevent transporting the bed bugs with you.	Ask potential tenants if they have had bed bugs in the past.
Notify your landlord immediately if you find bed bugs. Ask your neighbors if they also have bed bugs and notify the landlord as a group if this is the case.	Promptly treat a unit or common space infested with bed bugs.
<p>Portland: If you live in a single-family home, you may be responsible for the cost of treatment. If you live in a multi-unit complex and yours is the only unit infested, you may be responsible for the cost of treatment.</p> <p>Gresham & Unincorporated Multnomah County: If you live in a single-family home, you may be responsible for the cost of the treatment. If you live in a multi-unit complex and the landlord can prove you caused the bed bug infestation, you may be responsible for the cost of the treatment.</p>	Portland, Gresham & Unincorporated Multnomah County: If more than one unit is infested in a multi-unit complex, landlord is responsible for the costs of treatment.
Submit a work order.	

Resources

Multnomah County Vector Control

503-988-3464
web.multco.us/health/bed-bugs

Northwest Center for Alternatives to Pesticides

541-344-5044
pesticide.org

Community Alliance of Tenants

Renter's Rights Hotline: 503-288-0130
www.oregoncat.org

Legal Aid Services of Oregon

Multnomah County Office: 503-224-4086
www.oregonlawhelp.org