

# Stop Bed Bugs Safely!

Use this information to help stop the spread of bed bugs in your home and community.



Remember that bed bugs:  
Cannot jump or fly  
Do not spread diseases  
Do not burrow into the skin

**Look for signs of bed bugs: bites, black spots on the bed, live or dead bugs**

**Know where to look: paper thin crevices close to where you sleep**

**Check your home regularly**

- Reduce household clutter and vacuum furniture and floors.
- Encase your mattress and box spring in bug proof covers.
- Wash clothes and linens and dry them on a hot setting.
- Do not use “bug bombs” or foggers, which may worsen the problem.
- Do not take discarded furniture or items from the street - these things may already have bed bugs.
- Ask for help! Do this to get a pest control pro involved: