

Bed Bug Myths and Facts

Learning you may have bed bugs in your apartment is at best uncomfortable and at worst un-nerving. Having information on how to prepare your apartment to rid it of the insects is important but also knowing what they are and what they can and cannot do is also important as you work through the process with our Pest Management staff to rid your apartment of this problem. We hope this information will be of some help to you.

Bed bugs are not known to cause or spread diseases.

True. Bed bugs have not been shown to cause or spread diseases. Some people will react to the bed bug bites and excessive scratching can lead to secondary infections.

Only dirty, cluttered homes get bed bugs.

False. Anyone can get bed bugs. Bed bugs have been found in the homes of the wealthy and poor the tidy and the messy. Unsanitary conditions will not cause bed bugs but getting rid of clutter will help to reduce the number of places bed bugs can live and hide. Cleaning and removing clutter will allow a better pest treatment process.

Bed bugs only bite in the dark.

False. Although bed bugs tend to be more active at night, they can bite at any time.

Bed bugs cannot be seen with the naked eye.

False. Bed bugs are small but can be seen with the naked eye. A magnifying glass will help. Young bed bugs are about the size of a poppy seed and mature ones are about the size of an apple seed.

If I see bite marks I have bed bugs.

False. Other insect bites may resemble that of bed bugs. Presence of live bed bugs or their eggs will confirm their infestation in an area.

If you have bed bugs you need to get rid of infested clothing and furniture.

False. Clothing can be laundered to get rid of bed bugs. In most cases furniture can be treated and should only be discarded if there are no acceptable treatments that can rid them of bed bugs.

Bed bugs cannot fly and will not jump from the floor to the bed.

True. Bed bugs have no wings and cannot fly, jump or hop. They do like very tight spaces and can climb.

Bed bugs are only found on the bed.

False. Although they are called bed bugs they are not only confined to the bed. Bed bugs are commonly found in beds, on sofas, in chairs and areas near where people sleep or lounge.

Bed Bug Life Cycle



Some people are not affected by bed bugs.

True. Some people do not have a reaction to bed bug bites and may be unaware that bed bugs are in their home until they actually see them. 30% of people do not react to bedbug bites.

Bed bugs can live for many months without feeding.

True. Bed bugs can live for many months without feeding. One study showed they can live for 550 days.

Products can claim to be effective for bed bugs without proof.

True. Pesticides registered with the Environmental Protection Agency do have to have data to back their claims. But products without pesticides, or with pesticides that are exempt from registration requirements may make exaggerated claims without proof. Use common sense. If it sounds like a miracle product, it probably isn't.

Insect foggers provide very little control of bed bugs and may even cause the bed bug population to disperse, making control more difficult.

True. Insect foggers do not effectively control bed bugs. Insect foggers are dangerous in that they can leave unwanted residue throughout the treated area. Most insect foggers contain a flammable propellant and some have been associated with a number of fires.

Chemicals and pesticides alone will kill bed bugs.

False. Pesticide application alone will not kill bed bugs at all stages. Successful treatment depends on an Integrated Pest Management approach to bed bug control which involves, vacuuming, and steaming, laundering belongings, sealing areas and gaps where bed bugs can hide. Do not use over the counter pest control products or home remedies.

It's too cold where I live for bed bugs!

False. Even in the coldest climates bed bugs can still thrive. For starters, most bed bug infestations are located indoors. Bed bugs only need to be transported for short periods of time on clothing or luggage to find a new home to infest. Often this transportation occurs in the warm comfort of a car in cold climate, or on public transit, or in the warmer summer months.

Bed bugs are worldwide and effect places like Russia and Canada just as badly as they do the United States and Mexico

Traveling is the only way to pick up bed bugs.

False. Many people think, "Hey, I can't have bed bugs because I haven't traveled anywhere recently!"

It's true that traveling and then returning home with bed bugs in tow is the most common way of spreading infestations—but it's not the only way. You could have picked up bed bugs on the public transit, having someone visit your home, by purchasing a piece of infected furniture or used electronics.