



## GIVE BED BUGS THE BOOT!

The Connecticut Coalition Against Bed Bugs (CCABB) was established in 2009 to educate, train and support citizens in the state of Connecticut regarding bed bug biology, behavior and prevention. The CCABB works both directly with the public and also with pest management professionals, local health departments and state agencies etc.

Our goal is to reduce social stigma by providing accurate, up to date information about bed bugs, their life cycle, behavior, the latest research on control and prevention, and to support and conduct further scientific research on bed bugs.

This pamphlet is written for waste & recycling transfer station personnel to provide knowledge and empowerment to recognize, prevent, and deal with this insect.

Published in collaboration  
with the Mattress Recycling  
Council (855) 229-1691 and  
DEEP (860 424-3440)



Information: [www.ct.gov/bedbugs](http://www.ct.gov/bedbugs)



## Expert Resources:

### Find Your Local Health Department

[https://www.han.ct.gov/local\\_health/localmap.asp](https://www.han.ct.gov/local_health/localmap.asp)

### CT Department of Public Health

860-509-7660

[Webmaster.dph@ct.gov](mailto:Webmaster.dph@ct.gov)

### Bed Bug Identification

#### The CT Agricultural Experiment Station

203-974-8600

[www.ct.gov/bedbugs](http://www.ct.gov/bedbugs)

[gale.ridge@ct.gov](mailto:gale.ridge@ct.gov)

### Pesticide Enforcement & Certification

[diane.jorsey@ct.gov](mailto:diane.jorsey@ct.gov)

### Legal Aid

#### State of CT Division of Criminal Justice Housing Session

New Haven: 203-773-6755

Bridgeport: 203-579-7237

Hartford: 860-756-7810

New London: 860-443-8444

[judith.dicine@ct.gov](mailto:judith.dicine@ct.gov) (write 'bed bug' in subject box)

This brochure was developed by CCABB under the leadership of The Connecticut Agricultural Experiment Station.

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**Worried About  
Bed Bugs at  
Transfer Stations?**

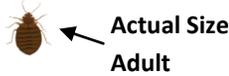


**DON'T  
PANIC:**

**Give them the boot!  
(we'll show you how)**

## Learn to recognize bed bugs and signs of bed bugs:

- Adult bed bugs are brown, oval-shaped, flat, and the size of an apple seed, 1/4 inch.
- Young bed bugs (nymphs) are about the size of a sesame seed when they hatch.
- Bed bug eggs are tiny, white, and barrel-shaped
- All life stages of bed bugs are **visible to the naked eye.**
- Bed bugs hide in cracks, crevices and are very shy.
- They feed on our blood but unlike lice, **hate to be on us.**
- When frightened, they cling to objects and this is how they are accidentally moved.
- When bed bugs know they have been discovered, they'll try and squeeze and flatten into a tuft or crack or run in many jagged directions before sprinting for cover. They will not deliberately chase after a person in this situation.
- Bed bugs are very timid so will only feed on people when it is very quiet.



Adult Female

## You are in control, not the bug!

### Tools and actions:

**Flashlight:** A halogen or bright flashlight is useful to illuminate inspections of suspicious mattresses.

**Magnifying Glass:** If more careful observation is necessary, this tool is useful to enlarge inspection-area(s).

**Spray bottle:** If needed, use soapy water, to disable and/or kill insects.

**Disposal Procedures:** If bed bugs are found, follow predetermined protocols. Infested mattresses should be diverted from recycling to proper disposal through your current solid waste stream.

**Clothing:** If worried about bed bug hitchhikers, change clothes, insert in trash bag, and seal. Empty clothes into dryer for 20 minutes on high heat. No more bed bugs!

**Home:** Professionals who work with bed bugs rarely bring them home. Sometimes single insects are moved but they rarely cause a problem. If concerned, remove work cloths before entering home and put into dryer for 20 minutes or wash.

## Prevention

As little as 5% of mattresses collected for reuse or recycling in Oregon and California have been found to have bed bugs. Know what to look for.

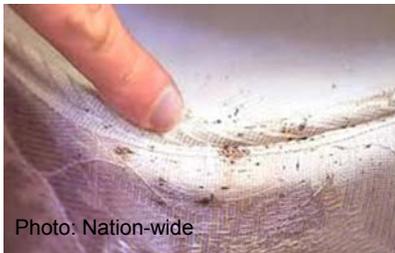


Photo: Nation-wide

## Look along tufts and corners of mattresses for:

Clusters of small black spots or smeared black spots

Insect sign such as shed-skins, eggs, and/or the insects themselves, usually trying to hide



## Know More

### You are in control, not the bug!

- Bed bugs are medically harmless in comparison to mosquitoes and ticks who vector human disease causing pathogens. **Bed bugs do not pass on any disease agents.**
- Bed bugs cause anxiety and fear. Their shyness and nervous erratic behaviors around us, make us nervous. We also don't like them feeding on us.
- If we accidentally bring them home, Social stigma such as association with uncleanliness and high cost for treatment, can increase anxiety. **Bed bugs do not care about your income-level;** they can be a nuisance in any home. But they are easy to manage, **if detected early.**
- If someone reports bed bugs, rather than being thanked, they are often stigmatized. This slows prompt reporting and allows bed bug infestations to get out of control. Be thankful someone speaks up, now you can protect yourself and others around you!
- **Beware of urban myths, "fear talk," and misinformation.**

*Don't let the stigma of bed bugs become your burden!*

