BED BUGS 101

Pottawattamie County
Public Health

BED BUG PROFILE

Identification

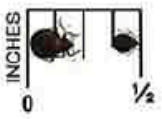
- Wingless, reddish-brown, oval-shape
- Unfed: flattened
- Engorged: deep red and elongated

Habitat

- Cracks/crevices near nesting areas
- Folds & seams of fabrics on furniture

Size

- Eggs: 3/64-inches long *(stuck to hidden surfaces)*
- Nymphs/Adults: 1/16-inches to 1/4-inches long



Bed bugs are often compared to the size & shape of an apple seed.

(Actual size)

PREVENTION TIPS

- Vacuum frequently & inspect furniture
- Store bedding & luggage in plastic totes
- Be vigilant in shared laundry facilities
- Seal cracks & crevices in household
- Reduce clutter to minimize hiding spots
- Avoid bringing home used/free furniture
- Regularly change, inspect & wash bedding



LAUNDRY TIPS



1. **Separate Laundry:** Isolate potentially infested clothes in sealed bags before washing to prevent spreading bed bugs.
2. **High Heat Wash:** The most effective way to kill bed bugs is washing clothes at a high temperature. A 30-minute wash cycle at 140°F is guaranteed to kill 100% of bed bugs at all life stages.
3. **Hot Dry Cycle:** Use the highest heat setting for a full cycle to kill remaining bed bugs or eggs. If possible, heat should exceed 120°F for 30 minutes.
4. **Check Care Labels:** Ensure fabrics can withstand high heat required to kill bed bugs.

IMPACT SURVEY

Our community is seeking assistance in gathering information on the number of individuals & families affected by bed bugs to explore future funding for eradication efforts. Scan the QR code to complete, or call 712-328-2540 ext. 8422