

## Stop Bed Bugs!

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Bed bugs bite humans and animals. They usually live in or around beds. It's important to stop bed bugs. You can do that by keeping your bedrooms clean, make your bed, put away your clothes, and pick up clutter. You should do these things every day.



- Wash and change your sheets and towels every week.
- Dust and vacuum carpet (or clean floors) every week.
- When cleaning your bedroom and changing sheets, look for signs of bed bugs, such as:

Rusty or reddish stains on bed sheets or mattresses. These are caused by bed bugs being crushed



Dark spots, which are bed bug droppings



Eggs and eggshells are tiny, pale yellow skins that bed bugs lose as they grow.



## What Do I Do If I Have Bed Bugs – Or If I Think I Have Bed Bugs?

**Get Help! Tell Your Supporter:** Don't be embarrassed. It can happen to anyone. Tell them, and/or show them, what you have seen or smelled.

**Tell the Landlord (if you are a renter):** People living in other apartments may be affected, too. The landlord will want to make sure the bed bugs do not spread.

**Act Quickly!** Don't wait. The situation can only get worse if you don't tell anyone.