



Our Mission

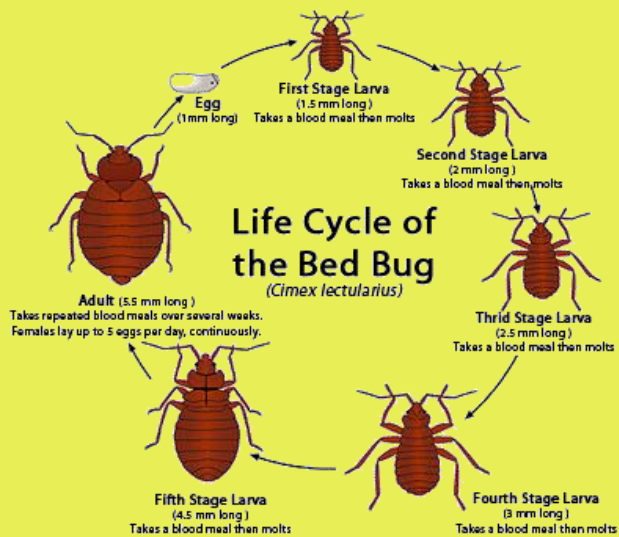
CAPNCM offers services to individuals to become self-sufficient by empowering them to obtain the resources needed to build strong families & communities.

Serving North Central Missouri

CAPNCM
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The life span of a bed bug most commonly ranges from **four to six months**. But some bedbugs may live up to a year under cool conditions!



Note: Bed bugs take 3-10 minutes to complete feeding

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Bedbugs...

INFORMATION

DETECTION

PREVENTION



CAPNCM

Community Action Partnership
of North Central Missouri

A Bit About Bedbugs

Bedbugs are small, flat, oval shaped, non-flying insects that belong to the family *Cimicidae*, which includes at least two species that prefer to bite, and feed from, people. Adult bedbugs typically reach 5mm -7mm in length and are a reddish brown color. Nymphs (juveniles) can be as small as 1.5mm and are typically clear.



Bedbugs are more active at night, feeding on blood every 5 to 10 days. According to the Centers for Disease Control and Prevention (CDC), it can take up to 14 days for bites to appear and most bites are not noticeable until after a skin reaction has occurred.

Bedbug bites can look very similar to bites from other insects like mosquitos and fleas. People also have widely varying reactions to bedbug bites. Some people have little visible reaction to the insects'

nibbling — they don't develop lesions or bumps or pustules at all.

The bites themselves don't usually pose any major health risk since bedbugs are not known to spread diseases, but an allergic reaction to the bites may require medical attention.

Detecting Infestations

Bedbugs may enter your home undetected through luggage, clothing, used beds and couches, and other items. Their flattened bodies make it possible for them to fit into *very* tiny spaces. Bedbugs do not have nests like ants or bees, but tend to live in groups in hiding places such as mattresses, box springs, bed frames, and headboards where they have easy access to people to bite in the night.

Temperatures between 70F - 80F are most favorable for bedbugs, allowing them to develop into adults most rapidly and then go on to produce up to three generations per year. A female bedbug can lay hundreds of eggs during her life span!

The creatures don't discriminate between dirty and clean either, which means even luxury hotels

can be susceptible to bedbugs. The most at-risk places tend to be crowded lodgings with high occupant turnover, such as dorms, apartment complexes, hotels, and homeless shelters.

Getting rid of clutter may help to reduce the number of hiding places for bedbugs, but according to the CDC, the best way to prevent bedbugs is regular inspection for the signs of an infestation - visible bedbugs in bedding, rust-colored spots on bedding, a coriander like odor, or bedbug shells/molting skins are all indicators you may have bedbugs.

How to Handle Infestations

Getting rid of bedbugs is not an easy process, and most cases of bedbug infestation will require treatment by a pest control expert. Bedbugs can survive for several months without feeding, so they may persist even in unoccupied rooms.

Getting rid of bedbugs begins with cleaning up the places where bedbugs live. This should include the following:

- **Clean bedding, linens, curtains, and clothing** in hot water and dry them on the highest dryer

setting. Place stuffed animals, shoes, and other items that can't be washed in the dryer and run on high for 30 minutes.

- Use a stiff brush to **scrub mattress seams** to remove bedbugs and their eggs before vacuuming.
- **Vacuum your bed and surrounding area frequently.** After vacuuming, immediately place the vacuum cleaner bag in a plastic bag and place in garbage can outdoors.
- **Encase mattress and box springs with a tightly woven, zippered cover** to keep bedbugs from entering or escaping. Keep the cover on your mattress for at least a year to make sure all bugs are dead.
- **Get rid of clutter** around the bed.

A variety of sprays, dusts, and insecticides can also be used on bedbugs.

