



Bed Bug Basics

- Bed bugs are flat, reddish brown insects that feed on blood. They need blood to grow and reproduce.
- They hide from light and can be found on bed frames, mattresses, pillows, box springs, head boards and nightstands, behind baseboards and electrical outlet covers, or along the edge of the carpet. They can also be found in sofas, chairs, and other furniture.
- They carry some diseases but have not been known to transmit any disease to humans.
- Some people are not aware they are bitten and have no reaction to the bites. Others experience severe swelling, itching and irritation. People can develop secondary infections at bed bug sites.
- Anyone can get bed bugs! An infestation does not mean the affected people are dirty.
- Bed bug infestations should not cause shame or blame!



Nashua tenants can contact Nashua Code Enforcement for additional help with bed bugs, or with other issues with their apartment.

Community Development Division
Code Enforcement Department
City Hall, 2nd floor
229 Main Street
Nashua, NH 03061
603-589-3100



City of Nashua
Division of Public Health & Community Services
Environmental Health Department
18 Mulberry Street, 2nd floor
Nashua, NH 03060
www.nashuanh.gov
603-589-4530

Monday-Friday 8:00 am -5:00 pm

NOTE: The information provided is for individual use and not intended to replace professional pesticide application and guidance. In no way does this information guarantee removal of all bed bugs. Always follow label instructions when using any product.

CITY OF NASHUA



DIVISION OF PUBLIC HEALTH
AND COMMUNITY SERVICES

Practical Tips for Dealing with Bed Bugs



Bed Bugs are back;
don't let them bug YOU!



Environmental Health
Department

Phone: 603-589-4530

How Do I Know If I Have Bed Bugs?

- Not all people will have visible signs of bed bugs bites.
- Watch for unusual bites.
- Look for blood spots on bedding, mattresses, box springs, walls and ceilings.
- Look for signs of bed bugs in luggage, clothing, bedding and furniture. Look in areas where people sleep and rest.
- Insect interceptors can help detect bed bugs. Place these disks under each bed leg to trap them.



- The Environmental Health Department can identify bed bugs for Nashua residents. If you find a bug that you suspect is a bed bug, seal it in a zip lock bag and bring it to the department.

What Do I Do If I Have Bed Bugs?

- **TELL** the landlord that you found bed bugs.
- **REDUCE** clutter to eliminate places where bed bugs can hide.
- **VACUUM** bugs and eggs from furniture and floors. Use a stiff brush to loosen eggs that are attached. Seal up the vacuum cleaner bag and place in outside trash immediately.
- **CLEAN** your things carefully every 2 weeks before new eggs hatch.
- **WASH** bedding and clothing in the hottest water possible and use the hottest dryer setting to kill any bed bugs and eggs. Store clean clothing in clean, sealed plastic bags until the bed bugs are gone. Keep clothes off the floor.
- **COVER** mattresses and box springs with zippered covers that are sold to keep out dust mites. Keep the covers on and make sure the zippers are completely closed.
- **KEEP** beds away from the wall. Keep mattresses and box springs up off the floor. Do not let bedding touch the floor. Do not store things under the bed.
- **IMPORTANT:** Moving to a new apartment will **NOT** get rid of bed bugs. Bed bugs will move with you if not properly removed from your things.

Can I Use Pesticides to Get Rid of Bed Bugs?

- **WARNING:** Pesticides can be very harmful if not used properly and are safest if used by a licensed pest management professional (PMP).
- Bug bombs **DO NOT** work to get rid of bed bugs! They will instead drive the bugs further into the building and can be harmful to you, your family, and your pets.
- ALWAYS FOLLOW THE LABEL WHEN USING ANY PRODUCT.
- Diatomaceous Earth (DE) will kill bed bugs and other crawling insects by drying them out. DE is sold online and in some hardware stores.
- Put the DE powder in crevices and along baseboards. Only a light dusting is needed. Use a bulb applicator and wear a dust mask and gloves when using DE because it can irritate lungs and skin.
- Property owners and landlords/property managers should ask the PMP for an Integrated Pest Management Plan (IPM).
- If you rent, follow the PMP's preparation instructions before pesticide treatment.
- Ask the PMP for guidance on getting rid of your mattress or furniture. If you choose to discard belongings, mark or destroy infested items so bed bugs don't spread.