

Good Night, Sleep Tight...

Don't Let the Bedbugs Bite!



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This is the actual size of a bedbug.

What are Bedbugs?

Bedbugs are small brown insects that bite humans to feed on their blood. They are about the size of an apple seed. They cannot fly.

Bedbugs used to be rare but they are becoming more and more common in expensive hotels, on cruise ships and even in homes. They are called bedbugs because they often live in beds. It can be stressful having bedbugs as houseguests!



Eating and Sleeping

Bedbugs feed on human blood at night when humans are sleeping. When they bite, they inject saliva to keep blood flowing.

An adult bedbug eats about once a week. After eating, a bedbug will hide and sleep for several days. Bedbugs can live for up to one year without eating!

More about Bites

- Bedbugs will bite exposed skin: the face, the neck, shoulders, arms, the back, hands, legs, etc.
- The bites become large, red bumps on the skin. They are itchy.
- The bites are often in a line, in groups of three.
- Some people are allergic to bedbug bites. Others do not react to bites.
- Bedbug bites do not make people sick.
- If you scratch bites, they can get infected.
- Most bites go away without medical attention.



Did you know that the carbon dioxide (CO₂) that we breathe out helps bedbugs to find us at night?



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