Bed Bugs

How do I know if I have bed bugs?

Dead or Alive
Bed bugs are small, reddish brown, the size of an apple seed

Stains
Small, dark stains on linens or around mattress seams from blood

Larvae
Eggs are small, white, oval in shape, and slightly smaller than a grain of rice

Skin Casings
Shed bed bug skin

Itchy Red Bites
Notice bites you didn’t have the night before, often in a line

Prevention

Routinely Inspect
Look for bed bugs around bed and bed frame at home at hotels; check secondhand furniture and books

Reduce Clutter
Fewer places for bed bugs to hide

Seal Cracks
Seal cracks and crevices

Wash After Travel
Check luggage after traveling and unpack directly into washing machine, or bag in plastic until later

How do I get rid of bed bugs?

Don’t Use Pesticides
Insecticides can make people sick; never use to treat infant bedding

Hot Wash
Wash and dry bedding and clothing at hottest setting (140°F) for at least 30 minutes

Vacuum Mattresses & Furniture
Seal vacuum bags right away and put them in an outdoor trash can

Seal Mattress
Seal the mattress in a bed bug proof encasement or consider throwing the mattress out if infestation is severe

This factsheet was updated and reprinted in 2023 through NCAP’s Farm Worker Education Program, with funding from these partners:
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<th>What Tenants Should Do</th>
<th>What Landlords Should Do</th>
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<tr>
<td>When looking at a potential rental home, ask if the home has been infested with bed bugs in the past.</td>
<td>Make sure the apartment is free from all infestations before someone moves in.</td>
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<tr>
<td>Answer honestly if the landlord asks if you have had bed bugs in the past. If you have, do all you can to prevent transporting the bed bugs with you.</td>
<td>Ask potential tenants if they have had bed bugs in the past.</td>
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<tr>
<td>Notify your landlord immediately if you find bed bugs. Ask your neighbors if they also have bed bugs and notify the landlord as a group if this is the case.</td>
<td>Promptly treat a unit or common space infested with bed bugs.</td>
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<td>Oregon law requires that landlords provide housing that is habitable. However if you live in a single-family home, you may be responsible for the cost of treatment.</td>
<td>Oregon law requires that landlords provide housing that is habitable. Check your state and local ordinances for more details. If more than one unit is infested in a multi-unit complex, landlord may be responsible for the costs of treatment.</td>
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<tr>
<td>If you live in a multi-unit complex and the landlord can prove you caused the bed bug infestation, you may be responsible for the cost of treatment (but likely not for treatment of shared spaces in the building). Check your state and local ordinances, and contact an attorney if your landlord is trying to charge you for treatment costs.</td>
<td>Submit a work order.</td>
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**Resources**

**Multnomah County Vector Control**

503-988-3464  
web.multco.us/health/bed-bugs

**Northwest Center for Alternatives to Pesticides**

541-344-5044  
pesticide.org/bed_bugs

**Community Alliance of Tenants**

Renter's Rights Hotline: 503-288-0130  
www.oregoncat.org

**Legal Aid Services of Oregon**

Multnomah County Office: 503-224-4086  
www.oregonlawhelp.org