

# Bed Bugs

## Fast Facts & Safety Tips



### 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



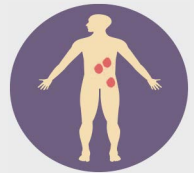
#### Larvae

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

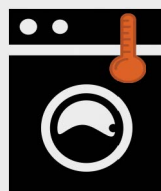
Check luggage after traveling and unpack directly into washing machine, or bag in plastic until later

### 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

What Tenants Should Do	What Landlords Should Do
When looking at a potential rental home, ask if the home has been infested with bed bugs in the past.	Make sure the apartment is free from all infestations before someone moves in.
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.	Ask potential tenants if they have had bed bugs in the past.
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.	Promptly treat a unit or common space infested with bed bugs.
<p>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.</p> <p>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.</p>	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.
Submit a work order.	

## Resources

### Multnomah County Vector Control

503-988-3464  
[web.multco.us/health/bed-bugs](http://web.multco.us/health/bed-bugs)

### Northwest Center for Alternatives to Pesticides

541-344-5044  
[pesticide.org/bed\\_bugs](http://pesticide.org/bed_bugs)

### Community Alliance of Tenants

Renter's Rights Hotline: 503-288-0130  
[www.oregoncat.org](http://www.oregoncat.org)

### Legal Aid Services of Oregon

Multnomah County Office: 503-224-4086  
[www.oregonlawhelp.org](http://www.oregonlawhelp.org)