

Be a Bed Bug DETECTIVE!

KEEP YOUR BACKPACK SAFE

Hang your backpack on a hook instead of putting it on the floor or bed.



KNOW THE BUG

Bed bugs are small and reddish-brown. If you see one, tell an adult!

CHECK THE SOFA

The couch can also have bed bugs. Take a minute to look under the cushions.

HELP WITH LAUNDRY

Bed bugs hate heat! Use high heat to dry clothing.

BE CAREFUL AT SCHOOL

Keep your belongings separate from others to reduce the chance of bringing bugs home.

CHECK YOUR BED

Look at the corners of your mattress and sheets. See any tiny bugs or black dots? Tell an adult!

PREVENT BED BUGS

FUN FACTS

TOYS AND RUGS

Bed bugs hide in rugs and toys. Keep toys off of the floor. Check under rugs for bed bugs.

Bed bugs bite & make you itch.



Bed bugs are attracted to the carbon dioxide we exhale.



A bed bug can finish its meal in less than 10 minutes!



Bed bugs are most active at night. You are their late night snack!



Bed bugs have been bugging people for thousands of years. Even mummies in Egypt had bed bugs.



If you see Bed Bugs tell an adult.

Bed Bugs can have 500 babies in their lifetime ...

... and they want to snack on your blood.

Help your family stop the bed bugs.

SEE SOMETHING SAY SOMETHING



For more resources visit MaineBedBugsAndPestControl.com

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