



**SLEEP TIGHT
DON'T LET THE BED BUG BITE
EPA REGION 5 ALL HANDS AWARENESS TRAINING**

**Home, Office, and Travel Bed Bug Resources
provided by US EPA Region 5 Pesticides Section
July 7, 2011**

1. EPA Bed Bug References:

EPA Bed Bug Web Site: <http://www.epa.gov/pesticides/bedbugs/>

EPA Region 5 (Chicago) Bed Bug Resources:
<http://www.epa.gov/reg5rcra/ptb/pest/r5bedbugs.html>

EPA Top Ten Bed Bug Tips: <http://www.epa.gov/pesticides/factsheets/bed-bugs-faqs.html>

EPA Funded National Pesticide Information Center on Bed Bugs:
<http://npic.orst.edu/pest/bedbug.html>

EPA Bed Bug Pesticide Product Search Tool: <http://cfpub.epa.gov/oppref/bedbug/>

CDC/EPA Joint Statement on Bed Bug Control:
http://www.cdc.gov/nceh/ehs/Publications/Bed_Bugs_CDC-EPA_Statement.htm

EPA Consumer Alert about Careful Selection Bed Bug Pesticides:
<http://yosemite.epa.gov/opa/admpress.nsf/eeffe922a687433c85257359003f5340/8eb47640cbe9ceb78525777b0059388a!OpenDocument>

Selecting a Pest Control Company: <http://npic.orst.edu/pest/selectpco.html>

Ask EPA a Question, or Search Common Pesticide Questions:
<http://pesticides.supportportal.com/ics/support/default.asp?deptID=23008>



2. Illinois Specific Bed Bug Resources:

Illinois Department of Public Health Bed Bug Home Page (further links to fact sheets on ID, prevention, in multi-unit housing, hospitals, schools and office buildings):
<http://www.idph.state.il.us/envhealth/pcbedbugs.htm>

City of Chicago Bed Bug Home Page:
http://www.cityofchicago.org/city/en/depts/bacp/supp_info/bed_bug_information.html

Safer Pest Control Project Bed Bug Resources (IPM basics for bed bugs, in schools, checklists for tenants or landlords in English/Spanish, how to hire a Pest professional for bed bugs): <http://www.spcpweb.org/resources/>

Illinois Department of Public Health Pest Control Business License Verification: http://ehlicv5pub.illinois.gov/Clients/ILDOHENV/PUBLIC/Pest_BusinessVerification.aspx

Illinois Department of Agriculture Pesticide Product Search and Verification: <http://www.agr.state.il.us/Environment/Pesticide/productsearch.php>

Mattress Purchases in Chicago Fact Sheet: http://www.cityofchicago.org/content/dam/city/depts/bacp/consumerrecalls2009/mattress_consumerwatch.pdf

Bed Bugs in Chicago Information: <http://www.bed-bugs-handbook.com/bed-bugs-in-chicago.html>

3. Bed Bug Identification, Biology Basics, Videos, Myths:

Ohio Bed Bug Identification Fact Sheet: http://centralohiobedbugs.org/pdf/facts_id.pdf

Illinois Bed Bug Identification Fact Sheet: http://www.idph.state.il.us/envhealth/BedBugID_Inspection.pdf

Bed Bug Central Identification Information: <http://www.bedbugcentral.com/bedbugs101/topic.cfm/identification>

Bed Bug Identification and Signs by Oregon State Univ.: http://entomology.oregonstate.edu/sites/default/files/Bed_Bugs.pdf

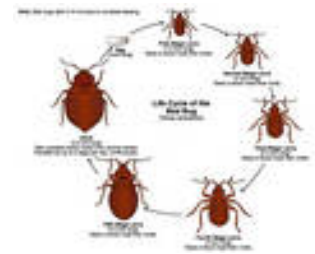
Purdue Univ. Mail Identification Service: <http://www.ppd.purdue.edu/PPDL/services.html>

Insect ID Online Guide [BugGuide]: <http://bugguide.net/node/view/15740>

Identification Assistance for Bed Bugs and other Insects: <https://identify.us.com/about-us/index.html>

Bed bugs and other Insects Photo ID Help: <http://www.whatsthatbug.com/>

How to Identify a Bed Bug Infestation (also in Spanish) [VA Tech.]: <http://www.vdacs.virginia.gov/pesticides/pdffiles/bb-identify1.pdf>



Bed Bug Biology & Behavior (available in Spanish also) [VA Tech.]:
<http://www.vdacs.virginia.gov/pesticides/pdffiles/bb-biology1.pdf>

Bed Bug Basics Article by Noted Expert at Armed Forces Pest Mgt. Board:
<http://www.afpmb.org/sites/default/files/whatsnew/2006/harlan.pdf>

Univ. of Kentucky Bed Bug Basics:
<http://www.ca.uky.edu/entomology/entfacts/ef636.asp>

Bed Bug Introductory Video [Natl. Geographic]:
<http://www.youtube.com/watch?v=WfKCcSPCOQo&feature=fvw>

ABC News Coverage on Bed Bugs:
<http://abclocal.go.com/wpvi/story?section=news/health&id=6986880>

Bed Bug Online Videos: <http://www.badbedbugs.com/bed-bug-faq/bed-bug-videos/>

Univ. of Missouri Extension Bed Bug Control Video Online:
<http://extension.missouri.edu/news/DisplayStory.aspx?N=933>

Ontario Bed Bug Awareness and Prepare for Control Videos:
http://www.onpha.on.ca/AM/Template.cfm?Section=General_Information&Template=/CM/ContentDisplay.cfm&ContentID=9080

Bed Bug Feeding Videos [Univ. MN]:
http://www.ipmctoc.umn.edu/html/bed_bug_video.htm

Cornell University Frequently Asked Questions on Bed Bugs:
http://www.nysipm.cornell.edu/whats_bugging_you/bed_bugs/bedbugs_faqs.asp

National Pest Management Association Frequently Asked Questions:
<http://www.pestworld.org/for-consumers/pest-frequently-asked-questions/bedbug-faq>

Bed Bug Myths (Ohio): http://centralohiobedbugs.org/pdf/facts_myths.pdf

4. Bed Bugs as Public Health Pests:

Bed Bug as Public Health Pests EPA/CDC Declaration:
http://www.epa.gov/pesticides/PR_Notices/pr2002-1.pdf

Bed Bug Bites Clinical Consequences: <http://jama.ama-assn.org/content/301/13/1358.full.pdf>



Bed Bugs and Infectious Diseases Review:
<http://www.bedbugdogsofhawaii.com/file/Oxford.pdf>

American Medical Association Patient Fact Sheet on Bed Bugs: <http://jama.ama-assn.org/content/301/13/1398.full?sid=0755e89d-1dcb-4a93-a597-ec41078b4576>

Bed Bugs Public Health & Social Justice J. Env. Health:
http://www.neha.org/pdf/JEH/articles/JEH4.11_Feature_Bed_Bugs_Public_Health_and_Social_Justice_A_Call_to_Action.pdf

Bed Bugs and Disease Transmission Historical Review by Burton:
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1915279/pdf/pubhealthreporig00078-0059.pdf>

Bed Bug Bites [Indiana Univ.]: <http://www.ehs.indiana.edu/BedBugs/bites.shtml>

Bed Bug Bites versus Other Bug Bites:
http://www.nysipm.cornell.edu/publications/bb_guidelines/files/bb_guidelines_bites.pdf

CDC Bed Bug Frequently Asked Questions on Health Risks and Disease:
<http://www.cdc.gov/parasites/bedbugs/faqs.html>

Human Reaction to bed Bug Bites [Pest Control Tech]:
<http://pct.texterity.com/pct/201002#pg72>

Public Health Significance of Urban Pests:
http://www.euro.who.int/_data/assets/pdf_file/0011/98426/E91435.pdf

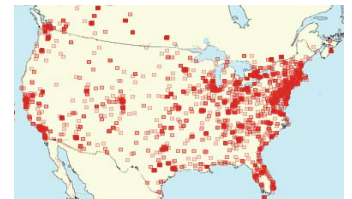
5. *Maps of Bed Bug Distributions or Prevalence in the US:*

Bed Bug Registry for Guest Hotel Reports: <http://www.bedbugregistry.com/>

Bed Bug Reports Website for Guest Reports on Hotels: <http://www.bedbugreports.com/>

Bed Bug Infestation Maps by State: <http://www.bedbugsepidemic.com/>

Terminix Top Bed Bug Cities based on public calls:
<http://www.terminix.com/Media/PressReleases.aspx>



Orkin Top Bed Bug Cities based on service accounts: <http://www.orkin.com/press-room/top-bed-bug-cities>

6. *Notable Home Owner/Renter Specific Bed Bug Information:*

Connecticut Home Owners Guide to Bed Bugs:

http://www.ct.gov/caes/lib/caes/documents/publications/fact_sheets/entomology/a_home_owners_guide_to_human_bed_bugs.pdf

Cornell Bed Bug IPM Brochure:

http://nysipm.cornell.edu/publications/bed_bugs/files/bed_bug.pdf

North Carolina Residential Bed Bug Biology & Control:

<http://www.ces.ncsu.edu/depts/ent/notes/Urban/bedbugs.htm>



Bed Bug Control in Multi-Family Housing:

http://www.nchh.org/Portals/0/Contents/Bed_Bug_Report_2-12-10.pdf

New York City Getting Rid of Bed Bugs Pictorial Guide:

<http://www.nyc.gov/html/doh/downloads/pdf/vector/bed-bug-guide.pdf>

Michigan Manual for the Prevention and Control of Bed Bugs:

http://www.michigan.gov/documents/emergingdiseases/Bed_Bug_Manual_v1_full_reduced_326605_7.pdf

Apartments Resident's Guide to Identification & Management of Bed Bugs [PA State Univ.]: <http://ento.psu.edu/publications/bedbugs>

Michigan Bed Bug Control Brochure Focused on Tenants/Landlords:

http://www.mipca.org/PDF/BedBug/bed_bug_complete_web2_304873_7.pdf

Bed Bug Checklist for Building Tenants by Safer Pest Control Project (also available in Spanish): http://www.spcpweb.org/factsheets/Tenants_Checklist.pdf

Bed Bug Prevention and Control Information for Homeowners and Tenants from Minnesota: <http://bedbugs.umn.edu/Homeowners/index.htm>

Prevention of Bed Bugs at Home [Bed Bug Institute]:

<http://www.bedbuginstitute.com/content/Stop-bed-bugs-at-home.asp>

Moving and Leaving Bed Bugs Behind [MI Bed Bug Working Grp.]:

http://www.michigan.gov/documents/emergingdiseases/Moving_286040_7.pdf

Moving and Leave Bed Bugs [New York City]:

http://www.dhmv.state.md.us/dda_md/Developments/bb_guidelines_nyc4.pdf

Renter's Questions to Ask Before Sign Lease [Ramsey Co, MN]:

<http://www.co.ramsey.mn.us/ph/id/renters.htm>

Bed Bug Infestations and Dispersal in High Rise Apartment Buildings Study:
<http://www.brickunderground.com/files/Bed%20Bug%20Study.pdf>

Checking a Bed for Bed Bugs Online Video by Bedbug Central:
<http://tv.bedbugcentral.com/tv/index.php/2010/03/how-to-inspect-a-bed-for-bed-bugs/>

Bed Bug Fact Sheet in 13 Languages from Toronto Public Health:
http://www.toronto.ca/health/bedbugs/bedbugs_factsheet.htm

BedBug Central Mattress Encasements Products Evaluation Video:
<http://www.bedbugcentral.com/news/story.cfm/richard-cooper-evaluates-bed-bug-mattress-encasements>

7. *Notable Office Workers Bed Bug Information:*

Bed Bugs in Office Buildings [Illinois Dept. of Public Health]:
http://www.idph.state.il.us/envhealth/BedBugs_OfficeBuildings.pdf

How to Avoid Picking Up Bed Bugs at Work [Indiana Univ.]:
<http://www.ehs.indiana.edu/BedBugs/avoidatwork.shtml>

Bed Bug in the Workplace [GSA]:
<http://extension.psu.edu/bedbugs/workplace/gsabbworksheet.pdf/view>



8. *Notable Traveler Specific Bed Bug Information:*

Ohio Bed Bug Traveler Tips: http://centralohiobedbugs.org/pdf/bb101_travelTips.pdf

Minnesota Bed Bug Traveler Tips: <http://bedbugs.umn.edu/Travelers/index.htm>

New York City Hotel Bed Bug Safety:
http://centralohiobedbugs.org/pdf/hotel_nyc_facts.pdf

Ramsey County MN Traveler Guide for Bed Bugs:
<http://www.co.ramsey.mn.us/ph/id/traveler.htm>

Bed Bug Traveler Tips (hotels, airlines, on a cruise, rented car):
http://www.bedbug.com/Page-Bedbug-tips-when-going-to-a-hotel_214.aspx

Traveler Bed Bug Precautions [PA State]: <http://extension.psu.edu/bedbugs/travelers-hotels/bed-bug-precautions-for-travelers>

Prevent Bed Bugs While Traveling [Bed Bug Institute]:
<http://www.bedbuginstitute.com/content/Prevent-Bed-Bugs-When-Traveling.asp>

Travel Tips from National Pest Mgt. Association:
<http://allthingsbedbugs.pestworld.org/bed-bug-news/how-to-avoid-bedbugs-while-traveling.aspx>

Bed Bug Travel Guide (purchase) form Bed Bug Central:
<http://www.bedbugcentral.com/shop/products.cfm/bed-bug-travel-guide-2>

Bed Bug Hotels Checks (and video) from MSNBC:
<http://www.msnbc.msn.com/id/11877871/>

Univ. of Maine Hotel Bed Bug Check Video:
<http://extension.umaine.edu/ipm/ipddl/publications/5004e/>

How to Inspect a Bed for Bed Bugs Video [Bed Bug Central]:
<http://tv.bedbugcentral.com/tv/index.php/2010/03/how-to-inspect-a-bed-for-bed-bugs/>

Bed Bug Travel Tips Video [Bed Bug Central]:
<http://www.bedbugcentral.com/news/audio-video.cfm/entomologist-jeffrey-white-provides-bedbugs-traveling-tips>

Univ. Missouri Video (lengthy) on Hotel Bed bug Checks:
<http://extension.missouri.edu/news/DisplayStory.aspx?N=933>

Traveler Cards for Bed Bugs:
http://www.northeastipm.org/ipm_resource_detail.cfm?id=6831

Bed Bug Hotel Safety Tips from Rand McNally:
<http://ontheroad.randmcnally.com/2009/04/22/how-to-avoid-bedbugs/>

Bed Bug Registry for Guest Hotel Reports: <http://www.bedbugregistry.com/>

BedBug Reports Website for Guest Reports on Hotels: <http://www.bedbugreports.com/>

Bed Bug Infestation Maps by State: <http://www.bedbugsepidemic.com/>

Bed Bug Hotel Search or File Hotel Reports:
<http://www.hotelchatter.com/tag/Bed%20Bugs>



9. Notable Bed Bug General Prevention/Control Guidances:

CDC Bed Bug Resources (links to other important references):
<http://www.cdc.gov/nceh/ehs/Topics/bedbugs.htm>

Bed Bug Treatments and What You Should Expect:
<http://www.vdacs.virginia.gov/pesticides/pdf/files/bb-expect1.pdf>

Bed Bug Central Resources: <http://www.bedbugcentral.com/>

Florida Multiple Bed Bug Resources (videos, manual, more):
http://ipm.ifas.ufl.edu/community/structural/bed_bug_IPM.shtml

National Pest Management Assoc. Best Management Practices for Bed Bugs (for consumers): <http://allthingsbedbugs.pestworld.org/best-practices.aspx>

National Pest Management Assoc. Best Management Practices for Bed Bugs (for industry professionals): <http://www.bedbugbmps.org/>

Armed Forces Pest Management Board Bed Bug Control Strategies:
<http://www.afpmb.org/pubs/tims/TG44/TG44.pdf>

Bed Bug Handbook (purchase): <http://www.bedbugcentral.com/shop/products.cfm/bed-bug-handbook>

Connecticut Bed Bug Resources (homeowner guide in multiple languages, pest professional information, detection dogs):
<http://www.ct.gov/caes/cwp/view.asp?a=2826&q=437580&caesNav=%7C>

North Carolina Bed Bug Biology and Control:
<http://www.ces.ncsu.edu/depts/ent/notes/Urban/bedbugs.htm>

Univ. of Kentucky Bed Bug Basics:
<http://www.ca.uky.edu/entomology/entfacts/ef636.asp>

Bed Bug Fact Sheet by Safer Pest Control Project (also available in Spanish):
<http://www.spcpweb.org/factsheets/BedBugsFactsheet.pdf>

Bed Bug Handbook (w/many other resources): <http://www.bed-bugs-handbook.com/index.html>

Wide Variety of Bed Bug Resources [New York citizen compiled]:
<http://newyorkvsbedbugs.org/resources/>

Website to Variety of Bed Bug Resources [Bed Bug Battle Plan citizen web site]:
<http://www.bedbugbattleplan.com/content/view/43/32/>



Research Study on Effects of Heat for Bed Bug Control: http://thermal-remediation.com/users/thermal_remediation/files/Lethal%20Effects%20of%20Heat%20and%20Use%20of%20Localized%20Heat%20Treatment%20for%20Control%20of%20Bed%20Bug%20Infestations.pdf

Bed Bug Detection Tools/Methods:

<http://www.bedbugcentral.com/bedbugs101/topic.cfm/early-detection-tools-and-methods>

Michigan Bed Bug Mattress Fact Sheet:

http://www.michigan.gov/documents/emergingdiseases/mattress_fact_sheet_275417_7.pdf

Bed Bugs Mattress and Box Spring Encasements:

<http://www.bedbugcentral.com/bedbugs101/topic.cfm/mattress-and-box-spring-encasements>

Bed Bug Central Mattress Encasements Products Evaluation Video:

<http://www.bedbugcentral.com/news/story.cfm/richard-cooper-evaluates-bed-bug-mattress-encasements>

Disposal of Bed Bug Infested Mattresses and Furniture [Ramsey Co, MN]:

http://www.co.ramsey.mn.us/ph/id/dispose_of_infested_mattress_furniture.htm

Guidelines for Killing Bed Bugs in the Laundry by Texas A&M:

<http://insectsinthecity.blogspot.com/2010/03/guidelines-for-killing-bed-bugs-in.html>

Bed Bug Online Videos: <http://www.badbedbugs.com/bed-bug-faq/bed-bug-videos/>

Univ. of Missouri Extension Bed Bug Control Video Online:

<http://extension.missouri.edu/news/DisplayStory.aspx?N=933>

Insecticides Labeled for Bed Bugs:

<http://www.techletter.com/Archive/Technical%20Articles/bedbuginsecticides.html>

Insecticide List for Bed Bugs by Univ. Nebraska:

<http://lancaster.unl.edu/pest/Resources/BedBug263.shtml>

Insecticide List of Products for Bed Bugs from MN:

http://www.ipmctoc.umn.edu/Control_of_bedbugs_in_residences_US_Commercial.pdf

Efficacy of Bed Bug Control Products Lab BioAssays: [http://dev-](http://dev-esa.entsoc.org/PDF/Pubs/Periodicals/AE/AE-2006/Summer/Todd.pdf)

[esa.entsoc.org/PDF/Pubs/Periodicals/AE/AE-2006/Summer/Todd.pdf](http://dev-esa.entsoc.org/PDF/Pubs/Periodicals/AE/AE-2006/Summer/Todd.pdf)

Using Heat to Kill Bed Bugs (in Spanish too) [VA Tech.]:

<http://www.vdacs.virginia.gov/pesticides/pdffiles/bb-heat1.pdf>



Portable Bed Bug Heat Chambers Video by Univ. FL:
<http://news.ufl.edu/2009/07/07/bed-bugs-multimedia/bed-bugs-video/>

Does Cold Kill Bed Bugs [Univ. MN]:
<http://blog.lib.umn.edu/efans/ygnews/2009/02/does-cold-kill-bed-bugs.html>

Bed Bug ID Cards for Printing from New York:
http://www.nysipm.cornell.edu/publications/bed_bugs/files/bb_travelers_online.pdf

Control of Bed Bugs in Homes – a Pest Control Company Guide:
http://www.ipmctoc.umn.edu/Control_of_bedbugs_in_residences_US_Commercial.pdf

Bed Bug Manual for Pest Professionals by PestWest Environ.:
http://www.neha.org/pdf/JEH/articles/JEH4.11_Feature_Bed_Bugs_Public_Health_and_Social_Justice_A_Call_to_Action.pdf

Univ. of Florida Background on Dogs for Bed Bug Detection:
<http://news.ufl.edu/2007/05/02/bedbugdogs/>

Connecticut Ag Experiment Station Videos on Dog Detection for Bed Bugs:
<http://www.ct.gov/caes/cwp/view.asp?a=2826&q=437580&caesNav=%7C>

Bed Bug Dogs Accreditation by NESDCA: <http://www.nesdca.com/>

Cornell Bed Bug Frequently Asked Questions:
http://www.nysipm.cornell.edu/whats_bugging_you/bed_bugs/bedbugs_faqs.asp

Centers for Disease Control Bed Bug Frequently Asked Questions:
<http://www.cdc.gov/parasites/bedbugs/faqs.html>

National Pest Management Association Frequently Asked Questions:
<http://www.pestworld.org/for-consumers/pest-frequently-asked-questions/bedbug-faq>

Bed Bug Myths (Ohio): http://centralohiobedbugs.org/pdf/facts_myths.pdf

Bed Bug Myths and Facts [Bed Bug Institute]:
<http://www.bedbuginstitute.com/content/bed-bugs-myths-and-facts.asp>

10. Tips/Advice for Hiring Pest Management Professionals:

Choosing a Pest Management Professional for Bed Bugs:
<http://centralohiobedbugs.org/pdf/exterminators.pdf>



Pest Management Professionals and Treatment Options [Indiana Univ.]:
<http://www.ehs.indiana.edu/BedBugs/pest-mgmt-pro-and-options.shtml>

Tips on Hiring a Pest Professional for Bed Bugs by Safer Pest Control Project:
[http://www.spcpweb.org/factsheets/HiringBB_CompaniesList\(2\).pdf](http://www.spcpweb.org/factsheets/HiringBB_CompaniesList(2).pdf)

How to Choose a Pest Control Company by Bed Bug Central:
<http://www.bedbugcentral.com/learn/index.cfm/how-to-choose-a-pest-control-company>

Federal Trade Commission Advice on Hiring a Professional for Bed Bug Control:
<http://www.ftc.gov/bcp/edu/pubs/consumer/alerts/alt194.shtm>

Hiring a Pest Control Company (Ramsey Co MN):
http://www.co.ramsey.mn.us/ph/id/hiring_a_pest_control_company.htm

Expected Bed Bug Service Contract (Ontario):
http://www.onpha.on.ca/AM/Template.cfm?Section=Pest_Management_Services&Template=/CM/ContentDisplay.cfm&ContentID=6265

Bed Bug Pest Management Professionals Certified by Bed Bug Central Univ.:
<http://www.bedbugcentral.com/bedbugfree/> or
<http://www.bedbugcentral.com/bedbugfree/directory.cfm?state=IL>



National Pest Management Association Green Pro Pest Professional Selection:
<http://www.certifiedgreenpro.org/>

IPM Institute Green Shield Certified Pest Professional: <http://greenshieldcertified.org/>

Beyond Pesticides Least Toxic Service Directory for Pest Professionals:
<http://www.beyondpesticides.org/info/services/pcos/>

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