

Don't Be A Midnight Snack

A visual guide to bed bug identification

What does a bed bug bite look like?



Identifying an actual bed bug bite can be tricky, as there aren't any tell-tale signs of bites. And if you've never been bitten before, it's generally pretty easy to confuse a bed bug bite with a mosquito or flea bite. Once an infestation has taken hold, bed bugs can be a major headache to eliminate.

- Bed bugs often bite several times in a row, so the bites may appear in a line, grouped closely together.
- They may also appear in an uneven, zig-zag pattern on the skin, as we move involuntarily in our sleep and can interrupt the bed bug feeding patterns.
- The bites can swell up to form red welts or bumps.
- Bed bugs typically bite the first area of human "real estate" that they can find, typically the neck, hands, arms, feet and legs. If given the opportunity, however, they may also target your back or torso.
- Bed bug bites typically aren't painful like wasp or bee stings, but they can come with intense itching.

What are other signs of a bed bug infestation?

Fecal Or Blood Stains

Bed bugs can leave tiny, reddish or dark brown fecal or blood stains on your mattress, sheets, pillows, or pajamas. In addition to bedding, these spots may be found on other furniture or even walls. If wiped with a wet rag, the fecal spots will smear.

Odor

Like other species of bugs, bed bugs release pheromones when disturbed. When an area is very heavily infested with bed bugs, the musty, sweet odor can become pungent.

Exoskeletons

Throughout their life cycle, bed bugs will molt, or shed their skin, approximately five times before reaching adulthood. These discarded shells look like clear, empty exoskeletons and may be found anywhere on or near the bed as well as inside books or electronics.



While there are some DIY-pest control tactics, such as regular cleaning, vacuuming or inspection, that can help keep your home pest-free, an advanced infestation typically requires the help of a trained professional. In particular, bed bug infestations are definitely not something you want to handle on your own!