



How to Identify a Bed Bug Infestation

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Bed Bug Identification

It is very important to know what bed bugs look like. The adults can easily be seen with the naked eye. Adult bed bugs are reddish brown in color, wingless, and are about the size of an apple seed. Immature bed bugs (there are 5 immature or nymphal instar stages) can also be seen with the naked eye but they are smaller than adults, and translucent whitish-yellow in color. The most difficult life stage to see is the first instar nymph. This is the youngest life stage that hatches out of the egg. These nymphs are so small that they are difficult to see unless they are moving or have recently fed (bright red when full of blood). Bed bug eggs are also tiny, about the size of the head of a pin. The eggs are a pearl-white color and have obvious eyespots if they are older than 5 days.

Where to look for molted bed bug skins:

- Along mattress seams
- Behind head boards
- In ceiling/wall junctions
- Along baseboards
- Stuck to personal belongings



Where to look for Fecal Spots:

- Along the mattress seams and on the tag
- On the wood frame of the box springs
- Behind the head board
- Along the tops of baseboards or the edge of carpeting
- Ceiling/wall junctions and behind pictures on the wall
- At electrical outlets
- In curtain seams where they gather at the rod

