It's possible to pick up bed bugs almost anywhere. They can hitch a ride home with you in your luggage, your personal belongings or even your furniture — and once they're in your home, they can be extremely difficult to get rid of.

Here's what you need to know, look for and do to catch bed bugs early and help reduce your chances of a costly infestation.

Contrary to popular belief, bed bugs actually are large enough to see with the naked eye. Here's what to look for:

- Black or brown stains, usually in crevices
- Molting skins
- Adult bugs about the shape and size of an apple seed
- Bites are commonly found on body parts that are unconstricted during sleep (face, neck, arms, legs, hands and shoulders).

Whether bite reactions occur immediately or take a few days to show symptoms, the following factors may help you determine if you've been bitten:

- Bites may appear in tight groups of small, red marks.
- Bites may become inflamed, itchy or even blistered, especially if irritated.
- Whether at home or on the road, help prevent bed bug bites by always remembering to S.L.E.E.P. tight.

WHERE TO LOOK

- Mattresses, box springs, headboards and footboards, bed frames and any furniture within 1-2 meters of beds
- Cracks and gaps behind wall outlets
- Floor, window and door molding
- Where carpet edges meet the wall
- Black or brown stains, usually in crevices
- Molting skins
- Adult bugs about the shape and size of an apple seed

WHAT TO LOOK FOR

- Reddish-brown wingless
- Flat and oval-shaped before a blood meal
- Up to 4-5 mm long (the size of an apple seed)
- Swollen and reddish after a blood meal

How Can I Spot Them?

Bed bugs can be difficult to detect, as they’re small in size and skilled at hiding. Follow these tips to help spot signs of an infestation.

1. Mattresses, box springs, headboards and footboards, bed frames and any furniture within 1-2 meters of beds
2. Cracks and gaps behind wall outlets
3. Floor, window and door molding
4. Where carpet edges meet the wall

How Do I Keep Them Out?

Whether at home or on the road, help prevent bed bug bites by always remembering to S.L.E.E.P. tight.

DON'T LET THE BED BUGS BITE