Bed Bug Inspection Checklist

Check the places bed bugs hide, starting with the bed. Bring a flashlight, a magnifying glass, tape and a plastic bag.

1. The bed (check first)

- [ ] Mattress seams, piping, tags and tufts
- [ ] Box spring: top seams, corners, and under the thin dust cover on the bottom
- [ ] Bed frame: joints, cracks and screw holes
- [ ] Headboard: back side and where it meets the wall
- [ ] Sheets and pillowcases: small black or rusty spots

2. Near the bed

- [ ] Nightstand: pull drawers out and check joints and corners
- [ ] Baseboards and carpet edges next to the bed
- [ ] Curtain folds and pictures hung near the bed
- [ ] Electrical outlets: let a pest pro check inside them

3. Couches and chairs

- [ ] Seams, cushions and the fabric underneath
- [ ] Cracks in wooden frames and recliner mechanisms

4. Bags and belongings

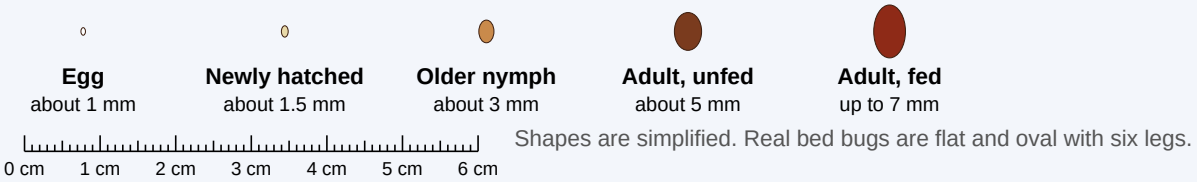
- [ ] Suitcases, backpacks and purses, especially seams and zippers
- [ ] Used furniture before it comes inside

What counts as a sign

- [ ] Live bugs (flat, oval, apple-seed size)
- [ ] Tiny black spots that soak in like marker dots
- [ ] Rusty or reddish smears
- [ ] Pale, empty shed skins
- [ ] Pinhead-size white eggs or eggshells

Bites alone don't prove you have bed bugs.

Actual-size ruler (print at 100%, "actual size," not "fit to page")



Shapes are simplified. Real bed bugs are flat and oval with six legs.

Found something? Next steps

1. Catch a bug on clear tape or seal it in a plastic bag so a pest pro or your county extension office can identify it.
2. Don't move to the couch or another bedroom, don't use bug bombs, and don't throw out your mattress.
3. Bag your bedding and clothes and dry them on high for at least 30 minutes.
4. Renters: tell your landlord in writing right away.
5. Free quotes from local bed bug exterminators: 1-877-673-2704 (we may be paid when you call).

Inspection log

Date	Room / spot checked	What I found

Sources: U.S. EPA, How to Find Bed Bugs; University of Kentucky Entomology, ENTFACT-636. Not a substitute for a licensed pest control professional.