

WHAT CAN I DO ABOUT BED BUGS?



Do I have bed bugs?

Bed bugs are a growing problem in all types of living situations. If you have seen bed bugs or have itchy bites that could be from bed bugs **DON'T PANIC**, but seek help quickly.

There are many steps that you must take to help get rid of bed bugs. Read on.

1. – **Seek Advice.** Contact your building facility manager and arrange for someone to check for bed bugs. If you see bugs, capture them on sticky tape on a tissue and store them in a plastic bag in the freezer for identification. Insects found where you live could be one of many things. Don't assume that they are bed bugs. Do not move belongings until confirming you bed bugs. See references for a list of Cooperative Extension diagnostic laboratories.
2. – Prepare to clean your living space thoroughly if someone confirms that bedbugs are present. Cleaning includes the following:
 - Wash and dry all clothing on hot settings. Drying on **HIGH** for at least **30 minutes** is more important than washing to kill bed bugs.
 - Washing and drying bed sheets, blankets and pillow cases at high temperatures. Again, drying on **HIGH** is most important.
 - Shoes, pillows, curtains, coats, plush toys can all be placed into a dryer at medium to high temperature.
 - Picking up and organizing your personal belongings to reduce the amount of clutter in your living space.
 - Providing access to all walls, closets, space around the bed and furniture for an inspector to search for and get rid of bed bugs.
 - Storing cleaned items in plastic bags away from the problem.
 - Vacuuming and washing the floors, or letting a cleaning crew come in to clean.
 - Dispose of vacuum bags **immediately – they will contain live bed bugs.**
3. – Prepare to follow more thorough instructions given to you by the management. Prepare to cooperate and do what is required to eliminate bed bugs. Without your cooperation, the bed bugs will not be eliminated. There are no simple ways to kill bed bugs.
4. – Do not buy or plan to use any over the counter “bug bombs” or insect killers on your own. You will only spread the bed bugs further into your living space and belongings.
5. – Do not pick up discarded items on the street. Although there are many valuable items being tossed away, **today** many of these items, including clothes and shoes, are already infested with bed bugs. **Avoid taking these items. Any used furniture, even if purchased, should be inspected.**

ROOM PREPARATION CHECKLIST FOR BEDBUGS



Preparation of a room for treatment is essential to the successful management of bed bugs. Most Pest Managers prefer to conduct an inspection **BEFORE** any cleaning or rearranging has occurred. This gives the Pest Manager a sense of the full extent of the problem and prevents the disturbance and spread of bed bugs before treatment. However, once bed bugs are located and the size of the problem has been estimated, room preparation must be done – usually by the resident. Some residents may need help and the Pest Control Technician and building management must be sensitive to this.

Suggested room preparation steps include:

- Remove all blankets, sheets, covers, pillows, bath towels and drapes/curtains from the bed and room and place them into bags for transport to the Laundromat.
- Empty drawers and closets and place belongings into plastic bags. Place all clothing and coats into bags for transport to the Laundromat. Shoes, pillows and children's plush toys should be bagged for the Laundromat as well.
- Plastic toys, books, electronics, and anything that cannot be washed should be bagged separately for inspection.
- The room should be empty of all cloth and plush items, except plush furniture. If possible, the pillows of plush furniture should be removed and laundered.
- Move furniture at least 18 inches away from the walls. People may need help with this.
- Picture frames should be removed from the walls and cleaned or treated.
- People and pets must leave the area during treatment and wait the stated amount of time before reentering – usually four (4) hours.
- All clothing, linens and other items must be cleaned (**free of bed bugs**) and kept isolated until the resident is moved to a new room or location, or until the bed bug problem is eliminated.
- Make sure the Pest Control Technician can get to all furniture, closets, beds and baseboards to inspect and treat.

CLEANING AND LAUNDRY CHECKLIST FOR BED BUGS



Pesticides alone will not eliminate a bed bug infestation. Inspecting and cleaning the living area and all personal belongings are critical for bed bug control and elimination. Cleaning should occur before pesticides are used. Follow all the recommended steps as they apply to the individual situation.

- Seal all clothing and linens in large clear plastic bags. Clear bags are good because bed bugs can be seen inside them.
- Seal shoes, coats, pillows, children's plush toys and small rugs and mats in large clear plastic bags.
- Personal belongings should be inspected carefully, cleaned and sealed in plastic bags or bins. Do not use cardboard boxes. Bed bugs can hide in the folds and will deposit eggs there.
- All clothes, linens, pillows, shoes, coats and children's plush toys should be treated by placing them into a **HOT** dryer for **30 minutes**. Do not overstuff the dryer, heat must reach all items.
- Keep clean items separate from the items that have not been checked or cleaned.
- Unless you are sure that there are no bed bugs on personal belongings, these should remain in the bag or bin until they can be carefully inspected or washed.
- The room should be emptied of all personal belongings and floors thoroughly vacuumed with a brush attachment (**which later should be washed in hot water and detergent**).
- The mattress and box spring should be vacuumed to remove any live bugs and debris and immediately encased or prepared for treatment.
- Hard furniture, floors and walls should be washed liberally with soap and water.
- Wash in and around any non-electric heating units (**i.e. steam pipes, radiators**).