

DIY Bed Bug Management



Bed Bugs are small reddish-brown insects that feed on blood and like to live in our homes. Bed bugs are not known to transmit diseases but can cause discomfort and distress. This guide is to help provide a brief explanation about how to eliminate bed bugs from one's home.

INSPECT

1
Locate where the bed bugs are living. Look for live or dead bed bugs, molted skins, white eggs, and fecal stains. Using a flashlight inspect mattress seams, box springs, bed frames, soft furniture, books, toys, baseboards, and carpet.

2

CLEANING UP AND DECLUTTER

Even the cleanest individuals and homes can fall victim to bed bugs. Yet clutter, piles of clothes, and unwashed bedding can shelter and protect bed bugs. Daily cleaning and vacuuming are needed to remove live and dead bugs. Immediately empty vacuum canisters outside or discard vacuum bags outside after use. To save on vacuum bags, one can tie panty hose/nylons onto the end of the vacuum nozzle to collect bugs. Lint rollers can also help pick up molted skins or eggs that may be difficult to see.



3

CONTAIN, PROTECT, DISCARD

Bag up items that may have bed bugs or are at risk of becoming infested with bed bugs. Place clothes in a dryer on high for at least 30 minutes. Encase mattresses and box springs in protective bed bug covers. If able, place the bed frame on bed bug interceptors. Some items may need to be discarded if they cannot be properly cleaned. Do not donate or give away such items. Label them as "Infested with Bed Bugs" or "Contains Bed Bugs" so others do not bring them into their homes.

STEAM

4

When used correctly, steam can kill all life stages of bed bugs. Slowly run a steamer (about 20 seconds per linear foot) over infested items. Steamers with a wide nozzle, such as a clothing steamer, work best. Pin-point nozzles can blow bed bugs around and they may survive.

PESTICIDES

5
The use of bed bug foggers or "bug bombs" is not recommended.

The delivery method can be dangerous to humans and pets, especially in apartments or multi-housing units. Generally, over-the-counter insecticide sprays are not recommended due to low efficacy and bed bug resistance. If you do use an over-the-counter bed bug product, follow the label. It is the law.

EVALUATE AND CONTINUE TO MONITOR

6
A rigorous cleaning routine is needed until the bed bugs have been eliminated. Continue to regularly inspect for signs of bed bugs. If the infestation is systemic or persists, contact a pest control professional.