



Tips for self-treating a bed bug infestation



1. Dryer



- ✓ Heat will kill bed bugs and their eggs, so put clothes and bedding in a dryer on the “high” cycle for 20 – 30 minutes.
- ✓ Put dried items in plastic bins or garbage bags until your treatment is completed.

2. Declutter



- ✓ Organize your space and discard unwanted items. Less clutter will make it easier to find bed bugs and their traces.
- ✓ Be sure to bag and mark items “may contain bedbugs” to prevent others from taking them home from the garbage.

3. Clean



- ✓ Wipe surfaces with soapy water or isopropyl alcohol to remove built up dirt and grime. It will make the next steps more effective.
- ✓ Run a bank card thick piece of plastic along cracks and crevices to remove built up dirt and possibly bed bugs and their residue.

4. Vacuum



- ✓ Vacuum all surfaces, including the insides of drawers, under skirting boards and between floor boards. Use the bare hose or narrow attachments to get the maximum suction possible.
- ✓ Empty the machine often and carefully inspect the hoses and attachments after use to prevent bed bugs from being left inside.

5. Steamer



- ✓ Use the nozzle attachment to get steam into crevices, under skirting boards and between floor boards. Furniture can also be steamed but be careful as it may damage delicate surfaces.
- ✓ The high temperature of the steam can cause serious injury. Be sure to follow all safety instructions that come with the machine.

For best results, some of these treatment steps may need to be repeated.

There are supplies that can help keep you bed bug free, such as: Bed frames to keep mattresses off the floor; Interceptor cups to isolate bed legs; Caulking to prevent the spread between rooms; Mattress covers for new or treated mattresses.

Never use discount store “bug spray”. The chemicals are too weak to kill bed bugs and the smell can send them deeper into the walls, making the problem worse.

For chemical treatments, consult a licensed exterminator.